

# No Fail Low-Carb Pumpkin Pie

Hands-on 20 minutes Overall 1 hour 15 minutes

**Nutritional values (per serving, 1 slice):** Total carbs: 7.9 g, Fiber: 3.2 g, **Net carbs: 4.8 g,**

Protein: 6.3 g, Fat: 23.7 g, Calories: 263 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 12 servings)

### Pie Crust:

1 3/4 cups [almond flour](#) (175 g/ 6.2 oz)

4 tbsp [flax meal](#) (28 g/ 1 oz)

pinch of sea salt

2 tbsp unsalted butter, [ghee](#) or [coconut oil](#) (30 ml)

1 large egg

### Pumpkin pie filling:

1 can unsweetened [pumpkin puree](#) (400 g/ 14.1 oz)

1/4 cup granulated [Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)

5 tbsp brown sugar substitute such as [Sukrin Gold](#) or more [Erythritol](#) (50 g/ 1.8 oz)

1 1/2 cups heavy whipping cream or [coconut cream](#) (360 ml/ 12 fl oz)

3 large egg yolks

2 large egg whites

1 1/2 tbsp pumpkin pie spice (*you can [make your own](#)*)

zest from 1/2 organic lemon

1/2 tsp sea salt

*Optional:* whipped cream and dusting of [cinnamon](#) to serve

- Using your hand or a small roller, press the dough down the bottom and up the sides to create an edge. You'll need about 4 cm (1 1/2 inch) edge to hold the filling.
- Place in the freezer while you prepare the filling, but keep it there for at least 30 minutes.
- Place all of the filling ingredients into a mixing bowl: pumpkin puree, sweeteners, heavy whipping cream (or coconut cream), egg yolks, egg whites, pumpkin pie spice (you can use less or more to taste), lemon zest and salt.
- Use a hand mixer and process until smooth and creamy.
- Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional).
- When the oven is ready, remove the pie crust from the freezer and pour in the pumpkin pie mixture.
- Place in the oven and bake for 20 minutes. Then reduce the temperature to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional) and bake for another 30 to 40 minutes, until the filling is set and the top is lightly browned.
- Remove from the oven and let it cool down to room temperature before slicing. Store in the fridge for up to 4 days or freeze for up to a month.
- Optionally, serve each slice with a dollop of whipped cream and a dusting of cinnamon.

## Instructions

- Start by making the pie crust. In a bowl, mix the almond flour, flax meal and a pinch of salt.
- Add melted butter (or ghee or coconut oil) and egg. Use a spoon or your hand to mix until thick dough is formed.
- Place the dough between two pieces of cling film and roll using a rolling pin. Transfer the dough (without the cling film) into a 24 cm (9 inch) pie pan (ideally non stick with a removable bottom) lined with a round 24 cm (9 inch) piece of parchment paper.

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