

Nut-Free Keto Pie Crust

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, 1 slice or mini crust): Total carbs: 6 g, Fiber: 4.6 g,

Net carbs: 1.4 g, Protein: 5.3 g, Fat: 12.6 g, Calories: 160 kcal,

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



Ingredients (makes 1 pie crust, 8 servings)

3/4 cup [coconut flour](#) (90 g/ 3.2 oz)

1/2 packed cup [flax meal](#) (75 g/ 2.7 oz)

pinch of sea salt

1/2 stick unsalted butter, [ghee](#) or [coconut oil](#) (30 ml)

2 large eggs

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Instructions

1. Preheat the oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). In a bowl, mix the coconut flour, flax meal and a pinch of salt.
2. Add softened butter (or ghee or coconut oil) and eggs, and use a spoon or your hand to mix until thick dough is formed.
3. Transfer into a greased 9-inch (23 cm) tart pan, or into 8 individual 4-inch (10 cm) pans, or into 4 individual 5-inch pans. *(Tip: It's best if you use non stick pie pans with removable bottoms. If using a large pie pan, line the bottom with a piece of 9-inch (23 cm) round parchment paper.)*
4. Using your hand or a small roller, press the dough down the bottom and up the sides to create an edge. If you're using a large pie crust, it's better to use baking beans to weigh the dough down and prevent air bubbles from forming. *(Note: Check the tips in the recipe for fillings.)*
5. Place in a baking tray and transfer into the oven. Bake for 8 to 12 minutes, depending on the preferred browning, turning the tray halfway to ensure even cooking.
6. Remove the tray from the oven and place on a cooling rack. When cool, remove from the pie pans. If needed, you can use a sharp knife to help gently release the pie crusts.
7. Store at room temperature in a covered container for up to 3 days, in the fridge for up to 2 weeks, or in the freezer for up to 3 months.

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