

# Gluten Free, Low Carb, Keto Friendly, Banana Cream Pie

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- 2 cups **heavy whipping cream**
- 3/4 cup of **Splenda, Stevia, Truvia, Xylitol, Sorbitol** or **Erythritol**
- 4 egg yolks
- 1/4 tsp **xantham gum**
- 2 - 3 **tsp vanilla extract**
- 1 Tbsp **butter**
- 2 - 3 **tsp banana extract**

Prepare a **pie crust**.

Add the cream, **xantham gum** and the into a **pot** and mix it up. Keep it on the burner on medium heat just to the point before it starts to boil, while stirring frequently. Take some of the cream out of the **pot** and add it into the bowl with the egg yolks, and then mix the hot cream with the egg yolks to temper them.

Once the yolk mixture has been tempered, add it to the **pot** with the cream. Turn the heat down on the pot and keep stirring until it thickens.

To see if it is thick enough add a **rubber scraper** to the cream mixture and then take it out and run your finger across. When the line you ran with your finger stays, then it should be thick enough. Add in the **vanilla, banana extract** and the butter to the hot cream mixture.

At this point you can either add the pudding mixture into the pie crust and chill, or you can add the mixture to your pie crust and bake it in the oven for 15 - 20 minutes to thicken it up some more.

Place the pie in the fridge for a few hours to chill.

Top with whipped cream if desired.

Below is a video of this.

Watch this video on Dailymotion - <http://dai.ly/x6hzfwp>

Watch this video on DTube - <https://d.tube/v/jmrados/w7p2bg6u>

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