Gluten Free, Keto Friendly, Low Carb, Pie crust

Posted At : February 19, 2017 4:17 PM | Posted By : Jason

Related Categories: almond flour, gluten free desert, keto friendly desert, Gluten Free Cooking, Low Carb, Cooking, Keto Cooking, Gluten Free Keto Cooking

One thing about doing a Low Carb or Keto diet especially when you need to be gluten free is that you do not get to enjoy things that you used to such as pies.

To help combat that, here is a easy to make recipe that is Keto Friendly, Low Carb and it is also Gluten Free. Thisis an almond flour style pie crust and it almost resembles a graham cracker style pie crust in the way that it crumbles.

Ingredients:

- 1.5 cups of Blanched Almond Flour
- 1/3 cup of Splenda, sucralose, stevia or Erythritol
- 2 tsp baking powder
- 4 tbsp softened butter
- 2 tsp vanilla extract
- 1 egg

Directions:

1. Preheat the oven to 350 degrees
2. Grease a pie plate
3. add all the dry ingredients into a bowl
4. Add the butter and either use a biscuit cutter or mix it until it looks like crumbs
5. add in the vanilla extract and mix well with a handheld mixer
6. add the egg and mix until it resembles dough.
7. place the dough into your pie plate and cover it with some saran wrap and press out the dough until it covers the pie plate.
8. prick some holes in the bottom so that the crust does not form large bubbles
9. bake in the oven for about 10 - 15 minutes.

Watch this video on Dailymotion - **http://dai.ly/x6hywkx**

Watch this video on DTube - **https://d.tube/v/jmrados/cuamq7ym**

Watch this video on YouTube -**https://youtu.be/uV2RbaO_bYY**