

## Gluten Free, Keto Friendly, Low Carb, French Silk Pie

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What's better than having chocolate and sweets while on a low carb diet. How about french silk pie while on a low carb, keto diet? What if I said that it could be Low Carb, Keto Friendly AND Gluten Free?

How about I tell you about this awesome pie, the french silk pie.

It has a bit of weight to it and it is soooooo good!



Just look how good that is! The taste is out of this world and to have it work on the low carb / keto diet is just amazing.



Looks amazing doesnt it?

## Ingredients:

- 1 **gluten free, keto friendly, low carb pie crust**
- 1 cup of **low carb whipped cream**
- 1/2 cup of **Splenda, sucralose, stevia** or **Erythritol**
- 16 ounces of cream cheese (2 8 ounce packages)
- 1/4 cup sour cream
- 1/2 cup cocoa powder
- 1/4 cup softened butter
- 1- 2 Tbsp **vanilla extract**

## Directions

1. Make the pie crust first and let it cool
2. Make the whipped cream and then put it into the fridge to keep cool
3. Mix the **Splenda, sucralose, stevia** or **Erythritol, vanilla extract**, cream cheese, sour cream, butter and cocoa powder together using a **handheld mixer** or a **kitchenaid mixer** until it has a nice creamy consistency.
4. Fold in half of the **low carb whipped cream**, once mixed fold in the rest of it using a **rubber turner**
5. Add the pie filling to the pie crust and serve.

