ITALIAN · DESSERT

Keto Cannoli Pie with Almond Flour Crust

35 min · plus 2 hours setting Makes 8 × 1 slice (1/8 pie) 416 kcal a portion

Video 5:56 · Joe Duff - The Diet Chef

Gluten-free ingredients

A ricotta and cream-cheese filling with sugar-free chocolate chips in an almond-flour crust, sweetened with erythritol: about 8 g net carbs, 7 g fibre and 14 g protein a slice.

Diet notes: Keto (7.8 g net carbs a serve).

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Ingredients 11 · MAKES 8 × 1 SLICE (1/8 PIE)

- [ ] 480 g **whole-milk ricotta**
- [ ] 227 g **cream cheese**, softened
- [ ] ½ tbsp **vanilla extract**
- [ ] 1 packet (7 g) **unflavoured gelatin**
- [ ] 100 g **confectioners erythritol** (Swerve)
- [ ] heaping 112 g **sugar-free chocolate chips** (Lily's)
- [ ] heaping 150 g **superfine almond flour**
- [ ] 40 g **granulated erythritol**
- [ ] a pinch of **salt**
- [ ] 55 g **melted butter**
- [ ] **non-stick baking spray**, for the plate

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. In a large bowl beat the ricotta, softened cream cheese, vanilla, gelatin and confectioners erythritol with a hand mixer until smooth, thick and creamy. 1:17
2. Fold in the sugar-free chocolate chips with a spatula and refrigerate the filling while you make the crust. 2:46
3. Heat the oven to 165°C. Whisk the almond flour, granulated erythritol and a pinch of salt in a medium bowl. 3:14
4. Add the melted butter and stir with a spatula until crumbly. 4:00
5. Spray a 23 cm pie plate and press the crumbs in, working from the middle outwards so there is enough for the sides. 4:10
6. Bake 10–12 minutes until golden brown, then let the crust cool completely in the plate. 4:35
7. Spread the filling evenly in the cooled crust and refrigerate about 2 hours until set. Cut into 8 slices. 4:49

> **Tip** Check ricotta labels: carbs vary a lot between brands, as the cook points out. Use superfine almond flour, not almond meal or coconut flour. Skip the crust for a lower-carb crustless version.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/8 pie), gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
416 kcal	14 g	15 g	7.3 g	37 g	170 mg
1,740 kJ	29% of a day	7.8 g net · 2 g sugars	26% of a day	17 g saturated	7% of a day
		6% of a day		47% of a day	

Energy from net carbs 7% · protein 13% · fat 80% — fits keto: 7.8 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Vitamin E 35% · Vitamin A 23% · Selenium 22%

Source of (10–19%) Magnesium 18% · Calcium 16% · Zinc 15% · Iron 12% · Vitamin B12 11% · Omega-3 11%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=9Nb2OqgTPFA, published 20 November 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cannoli-pie-almond-crust