AMERICAN · DESSERT

Keto Pumpkin Pie with Almond Flour Crust

55 min · plus cooling | Makes 15 × 1 slice (1/15 pie) | 173 kcal a portion | Video 9:12 · Low Carb Love

Vegetarian | Gluten-free ingredients

An almond-flour crust and a pumpkin, egg and cream custard sweetened with allulose and stevia instead of sugar: about 3 g net carbs a slice.

Diet notes: Keto (3.1 g net carbs a serve).

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Ingredients

15 · MAKES 15 × 1 SLICE (1/15 PIE)

- [ ] 150 g **almond flour**, for the crust
- [ ] 50 g **powdered sweetener**, for the crust
- [ ] ½ tsp **vanilla extract**, for the crust
- [ ] 5 tbsp **unsalted butter**, melted (4 tbsp, plus 1 more if the crumbs are dry)
- [ ] a pinch of **salt**, for the crust
- [ ] 1 × 425 g can **pumpkin puree**
- [ ] 180 ml **heavy cream**
- [ ] 3 **eggs**, at room temperature
- [ ] a pinch of **salt**, for the filling
- [ ] 1 tsp **vanilla extract**, for the filling
- [ ] 1 tsp **pumpkin pie spice**
- [ ] 1 tsp **ground cinnamon**
- [ ] 140 g **powdered allulose** (or half as much erythritol or monk fruit)
- [ ] **liquid stevia**, 3 droppers
- [ ] **homemade whipped cream**, to serve (about 60 ml cream, optional)

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

Allergens found in the listed ingredients: Egg, 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. Heat the oven to 165°C. Mix the melted butter with the almond flour, powdered sweetener, vanilla and a pinch of salt until it looks like wet sand; add one more tablespoon of melted butter if it won't hold together. 1:05
2. Press the crumbs over the base and up the sides of a pie dish, prick all over with a fork and bake about 5 minutes, just until the edges start to colour. Turn the oven up to 175°C. 3:53
3. Whisk the pumpkin puree, cream, room-temperature eggs, a pinch of salt, vanilla, pumpkin pie spice, cinnamon, allulose and stevia until smooth. Taste: it should be a little sweeter than you like, as the sweetness fades in the oven. 4:24
4. Pour the filling into the part-baked crust and spread it level. 5:39
5. Cover loosely with foil so the crust doesn't over-brown and bake about 30–35 minutes (check from 25), until a knife comes out clean and the centre has only a slight jiggle. 6:54
6. Cool the pie, then slice and top each piece with a little whipped cream. 7:10

> **Tip** Room-temperature eggs and cream mix in smoothly. Keeps 3–4 days covered in the fridge. For a thinner crust the cook halves the crust ingredients.

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

One portion, 1 slice (1/15 pie), gives you

1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
173 kcal	4.1 g	5.2 g
720 kJ	8% of a day	3.1 g net · 2 g sugars
		2% of a day

FIBRE	FAT	SODIUM
2.2 g	16 g	50 mg
8% of a day	6.8 g saturated	2% of a day
	20% of a day	

Energy from net carbs 7% · protein 9% · fat 84% — fits keto: 3.1 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin A 37% · Vitamin E 22%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=GLhE2Nwiz1c, published 13 November 2020. 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-pumpkin-pie-almond-crust