



LOW-CARB PECAN PIE

By Dr. Cindy Tanzar
(Special Occasions)

This rich and buttery low-carb pecan pie delivers all the classic flavor you love, without the sugar crash. With a crisp almond flour crust and a gooey, nut-filled center, it's the perfect dessert for holidays and special gatherings while still aligning with your health goals.

Makes 8 servings.



INGREDIENTS

Pie Crust:

1-1/2 cups almond flour

1/4 cup Swerve Granular or Confectioners

1/4 tsp. Pink Himalayan salt



1/4 cup Kerry Gold butter, melted

Filling:

1-1/2 sticks Kerry Gold butter

1/2 cup Swerve Brown

1/2 cup Allulose*

1-1/2 tsp. pure vanilla or maple extract

1/4 tsp. Pink Himalayan salt

3 large pastured eggs

2 cups pecan halves

INSTRUCTIONS

Preheat oven to 325°F. In a medium bowl, combine almond flour, sweetener, and salt. Stir in melted butter until dough resembles coarse crumbs.

Turn into a glass or ceramic pie plate. Press firmly and evenly with fingers into bottom and up sides. Prick all over with a fork before baking. Bake 10 minutes and set aside to cool.

In a large saucepan over low-medium heat, melt the butter, Swerve Brown and allulose, stirring until dissolved. Bring to a simmer and cook about 3 minutes, until dark and slightly thickened. Set aside to reach room temperature.

When cooled, whisk in the vanilla and salt. Then whisk in eggs until mixture is smooth.

Place pecans in cooled crust and pour filling over the top. Bake at 325°F for 45-50 minutes. Filling should be mostly set but still jiggle slightly. If crust browns too quickly, cover pie with aluminum foil halfway through baking time. Cool completely before serving. Good cold from fridge or warmed slightly in the microwave for a looser filling.

*Allulose can be found at Kroger, Health Nut or other stores by the Swerve. It is also available on Amazon.