



Paleo, Low Carb and Keto Pecan Pie Recipe

Prep Time 45 minutes - Cook Time 1 Hour

Crust Ingredients:

¾ cup hazelnut or pecan meal/flour almond flour will work

1/3 cup coconut flour

½ cup coconut oil

1/4 tsp gluten free vanilla extract

2 tbsp. Swerve confectioners

1/4 tsp real salt

1 large egg pastured eggs

Filling Ingredients:

1 cup grass fed butter

1 cup Swerve confectioners version (1 cup coconut sugar will also work)

1 cup unsweetened full-fat coconut milk

3 eggs beaten

2 teaspoon gluten-free vanilla extract

1/2 teaspoon unsulfured molasses optional

1/4 teaspoon sea salt

2 cups pecans halves one cup chopped, and one cup for topping

To Make Crust::

Preheat oven to 325 degrees and grease a 9-9.5 inch pie pan. In a medium bowl, mix all of the ingredients for the crust. Press the dough into the bottom of the pie pan and up the sides. If you want to make the pie pretty, make sure to pinch the sides or press the tines of a fork around the edges to make a nice texture.

Pre-bake the crust in the oven for 15-17 minutes or until lightly toasted golden brown. Remove from oven and let cool.

To Make the Filling:

make sure you have you have the coconut milk, butter, and sweetener close by and pre-measured. You will need to work fast so the filling doesn't burn.

Heat butter on high heat in an enameled cast-iron or heavy-bottomed saucepan that holds 2-3 quarts, whisking consistently to make sure butter heats evenly.

When the butter starts boiling, watch for brown streaks at the bottom of the pan as you whisk or brown flecks, you have BROWN BUTTER. It will burn fast, so when you start to see brown remove it from the heat immediately.

As soon as it is off heat, add the Swerve and the coconut milk to the pan and whisk until smooth. Let the sauce cool in the pan, whisk every 5 minutes until ready to put in pie crust so it's doesn't settle.

In a medium bowl, beat the eggs with the cooled syrup, vanilla, salt, molasses, and the chopped pecans. Pour into the crust and top with the remaining cup of pecan halves. Bake at 325 degrees for 40-45 minutes or until set. Cover edges of pie with aluminum foil so they don't burn. This is a nut and coconut flour crust, so the edges will be darker than regular wheat crust appearance.

Net Carbs: 3.4 g

Nutrition facts based on 8 servings.

Calories 514 Calories from Fat 477

Total Fat 53g 82%

Total Carbohydrates 32.5g 11%

Dietary Fiber 4.1g 16%

Protein 7g 14%