



## KETO PECAN PIE RECIPE

I am often asked for recipes for desserts, and inevitably Pecan Pie is one of the recipes that is most commonly asked for. This Keto-friendly Pecan Pie Recipe is so good that my non-Keto friends ate it over the holidays without even realizing that it was “diet food”. The Pie Filling does have a different texture since we aren’t using Karo Syrup here, but it’s really tasty and nice and sweet nonetheless.

As far as the choice of sweetener you can use in the Keto Pecan Pie Recipe, that will really be up to you and your tastebuds. My personal preference is the [Lakanto Classic Monkfruit Sweetener](#) and the [Lakanto Sugar-Free Maple Syrup](#). If you have trouble finding them at your local grocery store I made most of the ingredients hyperlinked so that you can easily find them online for purchase too. Those two tend to have no detectible after-taste to me, unlike when I use most Stevia-based sweeteners. If you go with another type of Sugar-Free Maple Syrup, just try to avoid the ones that have Malitol or Sorbitol in them.

Other than that, this recipe is pretty easy to whip together, and other than the requisite baking time there really doesn’t feel like there is a lot of prep work or dirty dishes when making this one. If you have any tips or tricks on how you like to prepare your own Keto Pecan Pie be sure to let us know in the comments section at the bottom of this page.



## KETO PECAN PIE RECIPE

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 Slice</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ease of Preparation: Easy

Prep Time: 20 Minutes

Cooking Time: 65 Minutes

**Total Time:** 85 Minutes

## **Ingredients:**

### CRUST

- 3/4 CUP Coconut Flour
- 3 TBSP Lakanto Classic Monkfruit Sweetener
- 1 Teaspoon Pink Himalayan Salt
- 2 Large Eggs
- 2 TBSP Grass-Fed Butter (Salted)
- 1 TBSP Coconut Oil (Unrefined)
- 1 TBSP Pure Vanilla

### PIE FILLING

- 1 & 1/2 CUPS Raw Pecans (Processed)
- 2 Large Eggs
- 2/3 Cup Lakanto Classic Monkfruit Sweetener
- 2 TBSP Grass-Fed Butter (Salted)
- 2/3 Cup Lakanto Maple-Flavored Sugar-Free Syrup
- 1 TBSP Pure Vanilla

## **Instructions:**

### CRUST

1. Pre-heat the oven to 350°F.
2. In a Large Mixing Bowl combine Coconut Flour, Monkfruit Sweetener, Pink Himalayan Salt, Mix well and set aside.
3. In another Large Mixing Bowl combine Eggs, Grass-Fed Butter, Coconut Oil, and Pure Vanilla.
4. Add the Wet ingredients to the bowl with the Dry ingredients and stir together until a consistent dough forms.
5. Grease your Pie Plate and press the dough into the dish, and up along the sides of it too. No need to press the crust up out of the sides of the Pie Plate, as it would likely burn later if you did.
6. Bake the Crust @ 350°F for about 12 minutes and remove from oven.

### PIE FILLING

1. In a Food Processor pulse the Raw Pecans until they are finely chopped. You don't want them too chunky, but you also aren't trying to make Pecana Flour either. You be the judge of how chunky you want your Pie Filling to be.

2. In a Large Mixing Bowl combine the Eggs, Monkfruit Sweetener, Grass-Fed Butter, Sugar-Free Maple Syrup, and Pure Vanilla.
3. Whisk or Beat the ingredients together for a few minutes.
4. Pour the Pecans in the bottom of the Pie Crust and spread around evenly.
5. Pour the liquid mixture on top of the Pecans and make sure that it is spread out evenly.
6. Bake the Pie at 350°F for about 50 Minutes, and set on the counter to cool before placing in the refrigerator for at least a few hours before eating.