



## Keto Pecan Pie



## Low Carb Pecan Pie

Most, if not all of us, look forward to Thanksgiving every year, and that means feasting is on the menu! Being Keto on Thanksgiving isn't that bad for the most part – you can indulge in multiple servings of turkey and take some extra skin. You can even pile on veggies, such as green beans and creamed spinach. But, what about dessert? Well, we've got the perfect [Keto Pecan Pie](#) in two versions for you to give a try this year.

Note: The video below shows the making of version 2!

## Keto Desserts

When it's time to hit up the dessert table we are forced to sit on the side lines and watch, and honestly, I'm tired of not being able to have my pie and eat it too! So, make a variety of low carb desserts that you and your family can enjoy together. We would recommend our:

- [Keto Cheesecake Bites](#)
- [Low Carb Pumpkin Crisp](#)
- [Walnut Cookies](#)

If those don't cut it, check out our [desserts section on our food blog](#) for more!

## Making The Crust

If you didn't know already, we have the [perfect keto pie crusts](#) that you can find on our food blog. One for savory pies and one for sweet! There are a couple key steps to making the perfect crust.

1. Form it into the pie pan after it's been chilled in the fridge for at least 30 minutes. This will ensure that it doesn't get too soft and sticky from the heat of your hands.
2. Poke holes in the crust with a fork prior to baking. This will prevent a bubble from forming under the crust and popping or cracking.
3. Bake and cool crust before adding the filling. You don't want an uncooked pie crust when you serve it to your friends and family!
4. When baking for the second time with the filling cover the edges with tin foil or a pie shield to make sure the edges don't burn!

You're on your way to the perfect pie this holiday season.

## Pie One

We celebrated our very first keto thanksgiving in 2016, which is when pie one was created. We weren't as experienced in the kitchen or with ingredients so used [sugar free maple syrup](#) for the base of this filling. Of course, it comes out delicious and will be a hit with your non keto friends and family this year, but we've come a long way in three years.

Although widely available and technically a keto product some of the ingredients used to make it are unsavory. Most use ingredients such as, sorbitol, acesulfame potassium and sucralose to sweeten it. Those are artificial sweeteners we like to personally stay away from because, although they are zero calorie, it isn't really known how harmless they are on your metabolism.

## Pie Two

For pie two we opted to stay away from any sugar free syrup, which made this low carb pecan pie a bit of a challenge. We needed to figure out how to create a thick delicious filling without using a syrup. The [secret ingredient](#) pie number two turned out to be gelatin, and blooming is key. When you bloom gelatin it ensures that any mixture it is added to it disperses entirely as

opposed to clumping up. We've made mistake a couple times ourselves. Don't skip out on the blooming! I'll show you exactly how to do it below.

## Blooming

For a quick picture and step by step guide to blooming you can check out [this article](#).

However, you can also follow my simple steps below!

1. Add the gelatin powder to water.
2. Set it aside to "bloom" for 3-5 minutes. You will notice it has thickened and changed consistency (as shown in the video above).
3. Dissolve the powder by microwaving for 7-10 seconds. It will become translucent and return to liquid form.

## More Thanksgiving Desserts!

Our food blog has all the desserts you could want this holiday season and we've even put together a [post with all our holiday recipe favorites](#)! If you want my personal opinion though I would definitely serve the second version of our pecan pie, some [pumpkin pie cheesecake bites](#), [chocolate fudge brownies](#), [walnut spiced cookies](#) and [keto carrot coffee cake](#) to enjoy with your after dinner decaf!

That will give your holiday gathering the most variety to satisfy all your family and friends desires this holiday season!