



Keto Pie Crust



Flaky Keto Pie Crust (1g Carb Per Slice)

We have two separate [Keto Pie Crust](#) recipes for you here. One is sweet, and the other is a savory keto pie crust which can be used for quiches or savory pies. Both recipes are very easy

to make and extremely tasty! As always, the recipe video will help you get the technique right if you're having trouble.

How to Make a Keto Pie Crust

Now, you may be wondering why it takes two flours to make a crust. For a long time I was truly determined to keep the crusts as simple as possible, either [coconut flour](#) or [almond flour](#). However, after hundreds of recipes I realized a sturdy crust makes ALL the difference. The right combination of almond flour and coconut flour is crucial to achieving the very best pie crust.

Temperature is Everything!

When you're working with these pie crusts and trying to form them to your pie pan, having them at the right temperature is critical. Once the pie crust dough is formed, put it in the fridge for about an hour, or the freezer for 30 minutes before trying to roll it out. If you're having trouble working with this dough it is because it is too warm or too cold.

Use Cold Butter

Most pie crusts, and really any sort of baked good that is going for a flaky consistency will call for cold butter. Some magic happens when the cold butter goes into the hot oven that makes any pie crust, even a keto pie crust flaky.

Use Parchment Paper for Rolling Out the Crust

The best way to roll out the crust to the size you need for your pie is to stick it between two sheets of parchment paper. This prevents sticking and helps keep the dough together. Remember, if you're having trouble with this step your dough is probably not cold enough.

Keep an Eye on the Pie

Keto pie crusts are more prone to burning than traditional crusts. For this reason it is a good idea to check on your crusts every 5-10 minutes. You won't get much browning when baking the pie crust on its own, but if you use a filling that takes a long time to bake you can run into problems. A good work around for this is to cover the pie edges with foil when it starts to brown.

Use Xanthan Gum for Best Results

Xanthan gum is an ingredient you may want to become familiar with if you plan on baking keto pies, cookies and cakes. Xanthan gum is often used in gluten free baking to provide stickiness and elasticity to doughs. We find that it also improves the final texture of these pie crusts.

Tart Pans Work Best

While your traditional pie pan works fine, we've completely switched over to using tart pans for our keto pies. The bottoms are removable so the pie comes out perfect every time and never sticks. We have a set of [mini tart pans](#) and a few [larger tart pans](#).

Our Favorite Keto Pie Fillings?

Without a doubt our favorite pie recipe is this [low carb pecan pie](#). Not only is it our favorite but it is one of the most popular recipes on our food blog. Some other classics are:

[Low Carb Pecan Pie](#)

[Dark Chocolate Tart](#)

[McGriddle Keto Quiche](#)

Most of all, we would like to hear what type of pie you decided to make with these keto pie crust recipes. If you make something awesome [tag us on instagram](#) so we can see!

How many carbs are in pie crust?

You might be shocked to find out that a traditional pie crust contains over 100 grams of carbs. These keto friendly pie crust only contain around 1 gram of net carbs per slice, or a total of under 10 grams of carbs per pie! The even better news is that keto pie crusts are one of the few recipes that might actually taste better than the original high carb version.

What is a Keto Crust made out of?

While recipes will vary, a keto crust is typically made of either coconut flour or almond flour. Combining both types of keto flours will make for the absolute best crust, which is what we've done for this recipe.

Sweet And Savory Keto Pie Crusts

Either way you go, sweet or savory, you can't go wrong when using these crust recipes. It's always great to have some go to recipes in your back pocky, from the perfect keto brownies and cookies, to pie crusts. If you check out the video below you'll see me devouring the keto pie crusts – they are just that good on their own.

Recipe can be quickly added to MyFitnessPal – Search “KetoConnect – Keto Sweet Pie Crust”