

Keto Pumpkin Pie Crumble Bars

Crust:

2 1/2 Cups Almond Flour
2 TBSP Coconut Flour
1/4 Cup Sweetener
1/3 Cup Melted Butter
1 tsp Cinnamon
1/4 tsp Nutmeg
2 tsp Vanilla Extract

**Set aside one cup of crust for topping*

Pumpkin Pie Filling:

15 oz Can Pumpkin Purée
3/4 Cup Heavy Cream
3 tsp Pumpkin Spice
1/4 tsp salt
1 tsp Vanilla extract
2 Eggs
3/4 Cup Powdered Brown Sweetener
1/4 cup butter
3 TBSP Coconut Flour



Topping:

Use 1 cup from crust mixture

1 TBSP Brown Sweetener
1 TBSP Cold Butter
1/2 tsp Cinnamon
1/8 tsp Nutmeg

Instructions:

Pre-heat oven to 350

In a mixing bowl, add in all dry ingredients for the crust and mix until well combined. Add in your wet ingredients until the crust becomes like wet sand type consistency. You should be able to squeeze the crust into your hand and it should

hold its shape. Once you have this mixed together, set one cup of the crust aside for the topping.

You will need a 13x9 glass dish lined with parchment paper. I like to leave extra parchment paper hanging off the side of the long side of the dish. This will allow you to pull your crumble out of the pan much easier once it is done.

Add the crust mixture into the pan except the one cup that has been set aside for the topping. Spread the mixture evenly in the pan and press down to form a crust. Place into the oven and bake for 10 minutes. Once done remove and allow to cool 5 to 10 minutes.

While the crust is baking, let's finish up the topping.

Add the remaining ingredients for the topping into the one cup of crust mixture that has been set to the side. Adding in the cold butter will make your mixture thicker. Place into the fridge and this will allow the crumble topping to firm up.

Now let's make the filling.

In a mixing bowl, add in all filling ingredients and mix with a hand mixer. After your crust has been removed from the oven and it has cooled down, pour your filling on top of the crust and even it out. You can gently tap it onto the counter to help even it out. Place back into the oven for 20 minutes. We just want the filling to be firm enough so that the topping does not sink in.

Remove from the oven once done and scatter the topping onto the top of the filling until it covers most of the areas. Gently press onto the crumble just to get it to stick to the filling. You do not need to press down on this much at all. Place back into the oven and cook for an additional 25 minutes.

Remove from the oven and allow to cool. You can slice after it cools but I prefer to place it into the fridge for a couple hours to firm up. This makes it easier to slice and also will give you nice clean cuts.

You can use the parchment paper hanging over the sides to remove from the glass dish and place on an area to cut. Cut into 15 bars.

Servings: 15

Serving Size: 1 Bar

Net Carbs: 3

Fiber: 3

Total Carbs: 6

Protein: 3

Fat: 18
Calories: 203