

Keto Blueberry Crumble

Ingredients:

Crust:

2 ½ Cups Almond Flour
2 TBSP Coconut Flour
¼ Cup Sweetener
1 tsp Cinnamon
¼ tsp Nutmeg
Pinch Salt
2 tsp Vanilla Extract
½ Cup Melted Butter
*set half aside for topping

Topping:

Remaining Crust
2 TBSP Brown Sweetener
½ tsp Cinnamon
⅛ tsp Nutmeg
1 TBSP softened butter

Filling:

3 Cups Blueberries
6 TBSP Sweetener
1 tsp Lemon
Pinch Salt
1 ½ tsp Xanthan Gum

Instructions:

Preheat your oven to 350 and line a 13 x 9 baking dish with parchment paper to make it easy to remove when done. Leave some extra parchment paper on two sides to make it easy to grab.

Start by making the crust.

In a mixing bowl, mix all dry ingredients for the crust and mix together. Add in the Vanilla Extract and melted Butter and mix until well combined. You should be left with a crumbly mixture kind of like wet sand. You should be able to pick some up in your hand and when squeezed it should stay together.



Take half of your crust mixture and place into the baking dish and spread around. Set the other half of the crust mixture to the side.

Pat down the crust into the baking dish firmly to form the crust. Make sure to pack it down the best you can.

In the remainder of the crust mixture, add in the remaining ingredients for the topping. Mix this up and it should make it more crumbly. Place in the fridge.

Place the baking dish in the oven and cook for 10 minutes.

While the crust is baking, we can make the filling.

Add all filling ingredients to a saucepan on medium low heat. Cook until blueberries start to form juice. Using a masher or a fork, mash the blueberries until you get a sauce. Sprinkle Xanthan gum in slowly mixing a little bit at a time until all is well combined. Remove from heat and set aside.

Remove crust from oven and allow it to cool for 5 - 10 minutes. Pour in filling mixture and spread to cover the pan. Sprinkle top with the topping crumble and lightly press down the crumble into the filling just to make it stick a little better.

Place back into the oven and cook for an additional 20 - 25 minutes.

Remove from the oven and allow it to cool for 15 to 20 minutes. You can cut them after they have cooled down, but I normally place mine in the fridge for a couple of hours before slicing. This makes for a really easy and clean cut. Cut them into bars.

I cut them into squares making about 15 bars.

Macros:

Servings 15 Serving Size: 1 Bar

Net Carbs 5 Fiber 3 Total Carbs 8 Protein 4 Fat 15 Calories 177