



## Keto Apple Galette

**Active Time:** 20 minutes | **Total Time:** 1 hour | **Serves:** 8

### Nutrition Information Per Serving

277.8 calories, 14.08 g carbohydrate, 3.68 g fiber, 4.4 g NET carbs, 4.75 g protein, 26.41 g fat

#### Ingredients

- 15 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 4 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1/2 tsp(s) Bob's Red Mill Xanthan Gum
- 1 1/4 cup(s) Miracle Mix
- 1 large pastured egg yolk
- 1 large pastured egg
- 1 tsp organic vanilla extract
- 2 tsp(s) Spices, Cinnamon
- 7 Tbsp(s) grass-fed butter
- 1/4 tsp(s) sea salt
- 1/2 Tbsp(s) organic apple cider vinegar
- 8 Tbsp(s) organic heavy cream
- 2 ounce(s) organic whole cream cheese
- 3 medium(s) chayote squash

#### Preparation

1. Make the crust. Add the Miracle Mix, xanthan gum, and sea salt to a food processor. Pulse to combine.
2. Add the cold butter and cream cheese. Pulse for 3 seconds. Add one egg, stevia and vinegar and pulse just until it forms a dough ball (do not over-process).
3. Place dough on a piece of cling wrap and wrap tightly. Refrigerate.
4. Peel, seed and slice the chayote squash. Bring a small saucepan of water to a boil and add the chayote. Simmer for 10 minutes. Drain.
5. Add the par-cooked chayote, erythritol and cinnamon to a small bowl. Toss to coat.
6. Preheat oven to 400 F. Place chilled dough between two pieces of greased parchment paper and roll out to a 12" circle. Place the dough on a large baking sheet. Place chayote mixture in the center of the dough round, leaving a 2" border around the outside.
7. Using your hands or a spatula, lift the dough around the perimeter and fold up over the chayote. Make sure you have no holes in the dough, as this will cause juice to leak. If dough becomes too soft and difficult to work with, transfer the baking sheet to the freezer for a few minutes.
8. Make the egg wash by combining egg yolk with 2 tsp. water. Brush the outside of the galette with egg wash and transfer to the oven.
9. Bake 15-20 minutes to golden.
10. While the galette bakes, make the whipped cream. Add the heavy cream to a stand mixer, a mini food processor. Beat or process until soft peaks form.
11. Serve the warm galette with fresh whipped cream.

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