Dessert Keto Pie Crust

**Servings: 1 Prep Time: 10 mins Cook Time: 1 hours**

1/2 cup (60g) Lupin Flour

1/2 cup (37g) Oat Fiber

1/4 cup (30g) Vital Wheat Gluten

1/4 cup Granular Sweetener (I use Pyure)

1/2 tsp Salt

1/2 tsp Vanilla Extract (optional)

1 tsp Buttery Sweet Dough Emulsion (optional)

1 large Egg

1 stick or 1/2 cup (112g) Butter, cold and cubed

1-2 tbsp (15-30g) Ice Water

Special Equipment:

Food Processor

Put all your dry ingredients: lupin flour, oat fiber, vital wheat gluten, granular sweetener, and salt into a bowl and whisk together. Dump the contents into the food processor along with the cold cubed butter and pulse a few times until crumbly.

Next add in the egg, vanilla extract, and buttery sweet dough emulsion then give it a few pulses. Finally, add in 1 tbsp of water and pulse a couple of times, until the dough forms larger small balls but not a single ball of dough. If your dough seems a bit dry, then add in the second tablespoon of water.

Flour your surface with a little oat fiber and pour the crumbly dough onto it. Shape the dough into a ball and let rest in the refrigerator for 1 hour before use.

**Nutritional Facts for whole Dessert Pie Crust:** 1138 Calories, 5.0g Net Carbs, 97.5g Fat, 53.0g Protein.