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Description

Indulge in the cozy, buttery warmth of classic autumn baking with these bite-sized Mini Pecan Pies! Featuring a delightfully rich, toasted pecan filling nestled in a tender crust, every mouthful delivers a wonderful contrast of crunchy nuts and gooey, caramel-like sweetness. Crafted to fit your wellness goals, this treat lets you enjoy traditional holiday flavors without the sugar crash. It is a satisfying, high-protein, and low-carb masterpiece that makes healthy treating feel like an absolute celebration.

Can This Mini Pecan Pies Support Weight Loss Goals?

These mini pecan pies can support weight loss goals by satisfying your sweet tooth with portion-controlled, nutrient-dense ingredients rather than empty sugars. Incorporating wholesome nuts and high-protein elements helps stabilize your blood sugar and keeps cravings at bay, making it easier to stick to a calorie deficit. By swapping traditional high-sugar syrups for lower-carb alternatives, you get all the decadent flavor while keeping your daily wellness targets on track.

Does Mini Pecan Pies Fit a High-Protein Lifestyle?

These mini pies fit smoothly into a high-protein lifestyle by utilizing protein-packed additions like Greek yogurt or protein powder within the crust and filling. The carefully selected ingredients keep net carbs wonderfully low while delivering healthy fats and satisfying protein that fuel your body. It is a brilliant way to enjoy a comforting dessert that complements your active routine and nutritional milestones.

My Personal Experience

- Toasting the pecans beforehand: Gently roasting the chopped pecans for a few minutes unlocks their natural aromatic oils and deepens the overall flavor profile.
- Pressing the crust evenly: Carefully pressing the dough firmly into the muffin tin ensures sturdy, bite-sized cups that hold the gooey filling without leaking.

Perfect For

- High protein desserts: Ideal for satisfying sweet cravings after dinner while adding valuable protein to your daily total.
- Keto diet plans: Fits seamlessly into low-carb and ketogenic lifestyles by replacing refined sugars and grains with smart alternatives.
- Holiday gatherings & parties: Makes a fantastic, portion-controlled treat to share with friends and family during festive celebrations.

Why You’ll Love This Recipe

- Bite-sized portion control: Naturally pre-portioned mini cups help you enjoy a decadent treat without overindulging.
- Classic autumn flavor: Delivers the rich, buttery, caramel-like taste of traditional pecan pie in every single bite.

Common Mistakes to Avoid

1. Skipping the pan greasing: Forgetting to lightly grease the muffin tin causes the crusts to stick and break apart when removing them.

2. Overcooking the filling: Leaving the pies in the oven too long can cause the sweetener mixture to crystalize and turn grainy instead of gooey.

3. Cutting them while hot: Attempting to remove the mini pies right out of the oven causes them to crumble; let them cool completely to set properly.

Required Equipment

- Muffin tin — shapes the individual mini pies and ensures uniform baking size.
- Mixing bowl — provides ample room for whisking together the smooth pecan filling.
- Spatula — helps scrape down the bowl and fold the ingredients together seamlessly.
- Measuring cups and spoons — ensures precise portioning for accurate macro tracking.

Storage Instructions

Store leftover mini pecan pies in an airtight container in the refrigerator for up to 5 days, ensuring they are fully cooled before sealing. For longer storage, freeze them in a single layer for up to 2 months; thaw in the refrigerator overnight and gently warm in a toaster oven to restore their texture while keeping them high-protein friendly.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 20 minutes

- Total Time: 35 minutes
- Servings: 6 mini pies
- Best Season for This Recipe: All-season *(especially autumn and winter holidays)*
- Total Calories (Per Serving): ~180 kcal *(approximate estimate)*

Bite-sized, low-carb mini pecan pies packed with warm autumn flavors and a high-protein boost for guilt-free indulgence.

 Ingredients:

- Almond flour: 1 cup *(Note: Acts as the low-carb base for the crust)*
- Coconut oil: 2 tablespoons, melted
- Maple-flavored sugar-free syrup: 1/4 cup
- Chopped pecans: 1/2 cup
- Egg: 1 large *(Note: Binds the filling together for a custard-like texture)*
- Vanilla extract: 1 teaspoon
- Ground cinnamon: 1/2 teaspoon
- Salt: 1/4 teaspoon
- Vanilla protein powder: 1 tablespoon *(Note: Adds a subtle high-protein boost to the crust)*

Directions:

1. Preheat and prep: Preheat your oven to 350 degrees Fahrenheit and lightly grease a 6-

cup muffin tin with cooking spray or oil.

2. Make the crust: In a medium bowl, combine the almond flour, melted coconut oil, vanilla protein powder, and a pinch of salt until a dough forms. Press evenly into the bottom and up the sides of the 6 muffin cups. Bake for 8 minutes at 350 degrees Fahrenheit until lightly set, then remove from oven.

3. Prepare the filling: In another bowl, whisk together the egg, sugar-free maple syrup, vanilla extract, and ground cinnamon until smooth. Stir in the chopped pecans.

4. Fill and bake: Spoon the pecan filling evenly into the pre-baked crusts. Return the tin to the oven and bake for 12 to 14 minutes at 350 degrees Fahrenheit until the filling is set and bubbling slightly.

5. Cool and serve: Let the mini pies cool completely in the pan for 15 minutes, then gently run a knife around the edges to remove them.

Nutrition Facts (Per Serving – Approximate):

- Calories: 180 kcal
- Fats: 15g
- Cholesterol: 35mg
- Sodium: 140mg
- Potassium: 110mg
- Total Carbohydrates: 6g
- Fiber: 2g
- Net Carbs: 4g

- Sugars: 1g
- Protein: 6g
- Calcium: 45mg

Notes:

- Storage Tips: Keep refrigerated in an airtight container for up to 5 days to maintain freshness.
- Reheating Instructions: Warm in a toaster oven at 300 degrees Fahrenheit for 3–5 minutes before serving for the best texture.
- Allergy Notes: Ensure your protein powder is dairy-free if managing lactose sensitivities, or use a neutral plant-based alternative.
- Flavor Boosts: Add a tiny pinch of sea salt on top of each pie right after baking for a delicious salted caramel finish.