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Description

Craving the rich, buttery, caramelized nuttiness of classic pecan pie without turning on the oven or dealing with a sugar crash? This No-Bake Sugar-Free Low-Carb Pecan Cream Pie features a toasted almond-pecan crust layered beneath a velvety, cloud-like vanilla cream filling and crowned with golden, maple-kissed pecans. By blending full-fat Greek yogurt, cream cheese, and unflavored whey protein into the mousse-like base, every slice delivers decadent bakery-style indulgence with impressive high-protein, low-carb macros. It is the ultimate effortless dessert when you want rich holiday flavor in a light, refreshing chilled slice.

Can This No-Bake Sugar-Free Low-Carb Pecan Cream Pie Support Weight Loss Goals?

Yes, this dessert can fit smoothly into a weight-loss-oriented eating plan because it eliminates refined sugars while boosting protein and healthy fats to promote lasting satiety. Traditional pecan pie is loaded with corn syrup and white sugar, which cause rapid blood sugar spikes and leave you hungry shortly after eating. By using zero-calorie monk fruit or allulose sweeteners alongside protein-rich dairy and fiber-dense nuts, a single slice satisfies

sweet cravings quickly and helps keep you full longer within your daily calorie budget.

Does No-Bake Sugar-Free Low-Carb Pecan Cream Pie Fit a High-Protein Lifestyle?

This pie fits effortlessly into a high-protein lifestyle, offering roughly 14 grams of protein and only 4 grams of net carbs per generous slice. Instead of relying solely on heavy whipping cream and sugar, the silky filling combines strained Greek yogurt, cream cheese, and vanilla whey protein powder to turn a classic indulgence into a macro-friendly treat. Paired with nutrient-dense pecans and almond flour in the crust, it delivers sustained energy without spiking blood sugar.

My Personal Experience

- Toasting the Pecans First: The first time I made this no-bake pie, I used raw pecans and the flavor fell flat, so lightly toasting them in a dry skillet for four minutes became my non-negotiable step for deep, nutty richness.
- Sweetener Selection Matters: I discovered that powdered erythritol can turn slightly gritty when chilled, whereas powdered allulose or monk fruit dissolves completely into the cold cream filling for a silky finish.
- Folding in the Protein Powder: Whisking vanilla whey isolate directly into the Greek yogurt before folding in the whipped cream prevented clumps and gave the mousse a thick, cheesecake-like structure.
- Chilling Patience: Cutting into the pie after just one hour gave me soft, messy slices, but letting it set for a full four hours yielded clean, bakery-worthy wedges.

Perfect For

- High-Protein Desserts: A guilt-free, macro-balanced sweet treat that satisfies after-dinner dessert cravings.
- Keto Diet Plans: With just 4g net carbs and zero added sugar, it fits cleanly into strict ketogenic daily limits.

- High-Protein Snacks: Enjoy a chilled wedge mid-afternoon alongside black coffee for a satisfying, blood-sugar-friendly pick-me-up.

- Holiday Gatherings & Summer BBQs: Requires zero oven space during busy holiday cooking and stays refreshingly cool for warm-weather parties.

Why You'll Love This Recipe

- Zero Oven Time Required: Everything comes together in minutes using a mixing bowl and a skillet, saving you time and keeping your kitchen cool.

- Rich, Multi-Layered Texture: Combines a crisp, buttery nut crust, an airy vanilla-maple cream center, and crunchy toasted pecans on top.

- Hidden Protein Boost: Uses Greek yogurt and whey protein isolate seamlessly so it tastes like pure decadent cheesecake mousse rather than a "diet" dessert.

- Make-Ahead Convenience: Actually tastes better the next day as the flavors meld in the fridge, making it ideal for stress-free entertaining or meal prep.

Common Mistakes to Avoid

1. Using Granular Sweetener Instead of Powdered: Granular sugar substitutes do not dissolve well in cold dairy and will leave a sandy texture in the cream filling; always use powdered sweetener.

2. Skipping the Room-Temperature Softening for Cream Cheese: Cold cream cheese creates stubborn lumps when whipped with Greek yogurt, so let it soften on the counter for 45 minutes first.

3. Burning the Pecans While Toasting: Nuts go from fragrant to burnt in seconds over high heat; keep the burner on medium-low and stir constantly until just aromatic.

4. Adding Hot Pecans Directly to the Cream Topping: Warm pecans will melt the whipped cream filling on contact, so let the toasted topping cool completely before arranging it on

the pie.

Required Equipment

- 9-Inch Pie Dish or Springform Pan — Shapes the crust neatly and allows clean, effortless slicing once chilled.
- Electric Hand Mixer or Stand Mixer — Whips the cream cheese, Greek yogurt, and heavy cream into an airy, lump-free mousse.
- Medium Skillet — Lightly toasts the pecans to unlock their natural buttery oils without needing an oven.
- Food Processor (Optional) — Quickly pulses whole pecans into fine crumbs if you aren’t using pre-ground nut flours.
- Silicone Spatula — Gently folds whipped cream into the protein-yogurt base without deflating the airy texture.

Storage Instructions

- Refrigerator: Cover the pie dish tightly with plastic wrap or transfer individual slices into airtight glass containers lined with parchment paper. It stays fresh, creamy, and high-protein-ready in the fridge for up to 5 days.
- Freezer: Place individual slices on a parchment-lined baking sheet and freeze for 1 hour until firm, then wrap each slice in plastic wrap and store in a freezer-safe zip-top bag for up to 2 months. Thaw in the refrigerator for 2–3 hours before serving.

Recipe Details

- Preparation Time: 20 minutes
- Cooking Time: 5 minutes *(stovetop pecan toasting only)*

- Total Time: 25 minutes *(plus 4 hours chilling time)*
- Servings: 8 slices
- Best Season for This Recipe: All-season (refreshing and no-bake for hot summer days, yet packed with cozy maple-pecan flavors for fall and winter holidays)
- Total Calories (Per Serving): ~335 kcal *(approximate estimate)*

Short Recipe Description

A velvety, sugar-free pecan cream pie layered over a buttery toasted almond-pecan crust—no oven required. Packed with Greek yogurt and vanilla protein, this low-carb dessert delivers rich maple-pecan flavor with 14g of protein and just 4g net carbs per slice.

 Ingredients

For the No-Bake Pecan Crust:

- 1 cup (112g) blanched almond flour
- 1/2 cup (55g) finely chopped pecans
- 3 tbsp (42g) unsalted butter, melted *(or coconut oil for dairy-free crust)*
- 2 tbsp powdered monk fruit or allulose sweetener
- 1/4 tsp fine sea salt

For the High-Protein Cream Filling:

- 8 oz (225g) full-fat cream cheese, softened to room temperature

- 3/4 cup (180g) plain full-fat Greek yogurt *(strained, adds richness and protein)*
- 1/2 cup (50g) vanilla whey protein isolate *(use isolate for smooth blending without grittiness)*
- 1/3 cup powdered monk fruit or allulose sweetener
- 1/2 tsp pure maple extract *(gives classic pecan pie aroma without sugar)*
- 1 tsp pure vanilla extract
- 3/4 cup (180ml) cold heavy whipping cream

For the Toasted Pecan Topping:

- 3/4 cup (85g) pecan halves
- 1 tbsp unsalted butter
- 1 tbsp sugar-free maple-flavored syrup *(or 1 tbsp powdered sweetener + 1/4 tsp maple extract)*
- Pinch of flaky sea salt

Directions

1. Prepare the Crust: In a medium mixing bowl, stir together the almond flour, finely chopped pecans, melted butter, powdered sweetener, and sea salt until the mixture resembles wet sand. Press firmly and evenly into the bottom and slightly up the sides of a 9-inch pie dish using the flat bottom of a measuring cup. Place in the freezer for 15 minutes to firm up.
2. Toast the Pecan Topping: Place a medium skillet over medium-low heat. Melt 1 tablespoon of butter, then add the pecan halves, sugar-free maple syrup, and a pinch of

flaky sea salt. Stir continuously for 4 to 5 minutes until the pecans are fragrant, glossy, and lightly browned. Transfer immediately to a plate to cool completely.

3. Whip the Heavy Cream: In a chilled bowl using an electric mixer on high speed, beat the cold heavy whipping cream for 2 to 3 minutes until stiff peaks form. Set aside.

4. Mix the High-Protein Base: In a separate large bowl, beat the softened cream cheese on medium speed for 1 minute until completely smooth. Add the Greek yogurt, vanilla whey protein isolate, powdered sweetener, maple extract, and vanilla extract. Beat on low-to-medium speed for 1 to 2 minutes until thick, creamy, and free of lumps. *(High-protein tip: Scrape down the sides of the bowl halfway through so no dry protein powder pockets remain).*

5. Fold & Assemble: Using a silicone spatula, gently fold the whipped cream into the cream cheese-protein mixture in two additions until light and airy. Spoon the filling over the chilled crust and smooth the top evenly.

6. Top & Chill: Arrange the completely cooled toasted pecan halves over the cream layer. Cover loosely and refrigerate for at least 4 hours (or overnight) until the filling is firm enough to slice cleanly.

Nutrition Facts (Per Serving – Approximate)

- Calories: 335 kcal
- Fats: 29g
- Cholesterol: 65mg
- Sodium: 210mg
- Potassium: 195mg
- Total Carbohydrates: 7g
- Fiber: 3g

- Net Carbs: 4g
- Sugars: 2g
- Protein: 14g
- Calcium: 115mg

Notes

- Serving & Temperature Note: Because this is a chilled no-bake cream pie, do not reheat leftovers; serve straight from the refrigerator for the firmest, cleanest slices.
- Allergy Notes: Contains tree nuts (pecans, almonds) and milk (cream cheese, Greek yogurt, heavy cream, butter, whey protein). To make it nut-free, swap almond flour and pecans for crushed sunflower seeds and pumpkin seeds.
- Flavor Boosts: Sprinkle a pinch of ground cinnamon and nutmeg into the crust mixture for warm autumn spice, or drizzle melted sugar-free dark chocolate over the toasted pecans before chilling.