SINFULLY DELICIOUS

Keto Cake Recipes



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Chocolate Indulgence Keto Cake

Ingredients:

Cake:

- 6 large eggs.
- 2 ¼ cups almond flour.
- ¼ cup full fat milk.
- 6 tbsp butter (unsalted).
- 2 tsp stevia (heaped).
- 2 tsp baking powder.
- 2 tsp vanilla extract.
- ¼ tsp salt.

Chocolate Frosting:

- 1 cup butter (unsalted).
- ½ cup cocoa powder (unsweetened).
- ½ cup thick cream.
- 1 tbsp stevia.
- 1 tsp vanilla extract.

Instructions:

- Preheat oven at 325 and grease two 8” round non-stick baking pans.
- Mix together eggs, melted butter, milk, stevia and vanilla.
- Gradually add in almond flour, mixing until a smooth batter is formed and then add baking powder and salt.
- Evenly divide the mixture between the two baking pans and bake in the middle of the oven for 15-20 minutes until cakes are slightly raised. (Insert a toothpick and if it comes out clean, they are ready).
- Let cool for 10 minutes and remove from pans onto a wire rack. Let cool for an additional 30 minutes.
- As the cakes cool, prepare the frosting by mixing thick cream, butter, vanilla, stevia and cocoa powder; mix until light and fluffy.
- Place one cake layer on a flat plate (with the flat side up).
- Using ⅓ cup of frosting, spread over the top of the cake.
- Place the second layer on top of the first and spread ⅓ cup of frosting over the top.
- Use the remaining frosting around the sides of the cake until completely covered.

Nutritional Information:

Total servings - 12
Per serving:
Fat: 38g
Carbohydrates: 7g
Protein: 9g
Calories: 391

Creamy Coconut Lemon Cake

Ingredients:

- 5 large eggs.
- ½ cup melted butter.
- ½ cup coconut flour.
- ¼ cup erythritol.
- ½ lemon (juiced).
- ½ tsp lemon zest.
- ½ tsp salt.
- ½ tsp xanthan gum.

Icing:

- 1 cup cream cheese.
- 3 tbsp erythritol (powder).
- 1 ¼ tsp vanilla extract.
- ½ tsp lemon zest.

Instructions:

- Preheat oven at 350.
- Separate egg whites and yolks; mix the egg whites until stiff white peaks are formed.
- Add egg yolks, melted butter, coconut flour, erythritol, lemon juice, lemon zest, salt and xanthan gum and mix until well combined.
- Grease a loaf tin and pour in the mixture; bake for 45-50 minutes.
- While cake is baking, mix together cream cheese, erythritol powder, vanilla and lemon zest.
- Allow cake to cool for 20 minutes and then ice the cake.

Nutritional Information:

Total servings - 10
Per serving:
Fat: 12g
Carbohydrates: 1g
Protein: 4g
Calories: 145

Heavenly Keto Carrot Cake

Ingredients:

- 4 large eggs.
- 2 ½ cups almond flour.
- 2 ½ cups carrots (grated).
- 1 ½ cups pecans (chopped).
- ¾ cup erythritol.
- ¾ cup butter.
- 2 tsp baking powder.
- 2 tsp cinnamon.
- 1 tsp vanilla extract.
- ½ tsp pineapple extract.
- ½ tsp salt.

Frosting:

- 4 oz cream cheese.
- ½ cup erythritol (powder).
- 2 tbsp butter.
- 1 tbsp thick cream.
- 1 tsp vanilla extract.

Instructions:

- Preheat oven at 350 and grease two round cake pans.
- Mix together butter and erythritol until fluffy; add in vanilla, pineapple extract and beat each egg in, one at a time. Set aside.
- In another bowl, mix together almond flour, baking powder, salt and cinnamon. When well combined, mix dry mixture into the egg mixture.
- Mix in carrots and 1 cup of pecans and transfer the mixture evenly between the two cake pans. Bake for 35-40 minutes.
- While the cake is baking, mix together cream cheese and butter until light and fluffy. Add erythritol and vanilla, mix until well combined. Beat in the thick cream until mixture is thick and creamy.
- Allow cake to cool. Place one layer on a flat plate and frost the top; add the second layer to the first and frost the top. Sprinkle with remaining pecans.

Nutritional Information:

Total servings - 16
Per serving:
Fat: 45g
Carbohydrates: 9g
Protein: 9g
Calories: 469

Pretty Pumpkin Perfection

Ingredients:

Cake:

- 6 large eggs.
- ¾ cup coconut flour.
- ¾ cup pumpkin puree.
- ½ cup brown sugar substitute.
- ½ cup melted butter.
- 1 tsp baking powder.
- 1 tsp vanilla extract.
- ¾ tsp cinnamon.
- ½ tsp nutmeg.
- ¼ tsp ginger.

Topping:

- ⅓ cup coconut flour.
- ¼ cup butter.
- ¼ cup brown sugar substitute.
- ½ tsp cinnamon.
- ⅛ tsp ginger.
- ⅛ tsp nutmeg.

Frosting:

- ¼ cup thick cream.
- 2 tbsp swerve.
- 2 tbsp cream cheese.

Instructions:

- Preheat oven at 325.
- Mix together coconut flour, butter, brown sugar, cinnamon, ginger and nutmeg and set aside for the topping of the cake.
- Mix together eggs, pumpkin puree and melted butter until well combined. In a separate bowl mix together coconut flour, sweetener, baking powder, ginger, vanilla, nutmeg and cinnamon; when well combined, mix into pumpkin mixture.
- Grease a baking pan and evenly pour in the mixture; sprinkle the topping mixture over the top and bake for 35 minutes.

- While the cake is baking, mix together thick cream, cream cheese and sweetener; allow cake to cool and drizzle the cream mixture over.

Nutritional Information:

Total servings - 12
Per serving:
Fat: 18g
Carbohydrates: 10g
Protein: 6g
Calories: 203

Delightfully Delicious Raspberry Cake

Ingredients:

Cake:

- 3 large eggs.
- 2 cups almond flour.
- ⅔ cup swerve.
- ½ cup almond milk.
- ½ cup butter.
- ⅓ cup coconut flour.
- 2 tsp baking powder.
- ¾ tsp almond extract.
- ¼ tsp salt.

Filling:

- 1 large egg.
- 8 oz cream cheese.
- 1 ½ cups fresh raspberries.
- ½ cup swerve (powder).
- ½ tsp vanilla extract.

Topping:

- 2 tbsp chopped almonds.

Instructions:

- Preheat oven at 325 and grease a 9” square baking tin.
- Mix coconut flour, almond flour, salt and baking powder until well combined. Set aside.
- In a bowl, mix together butter, sweetener and almond extract and gradually beat in the eggs.
- Take coconut flour mixture and mix into egg mixture; when fully combined, mix in almond milk. Set cake batter aside.
- In a bowl, mix together cream cheese and sweetener then add the egg and vanilla extract; mix thoroughly until well combined. Set aside.
- Pour ⅔ of cake batter into baking tin; pour cream cheese mixture on top of the batter and sprinkle with raspberries. Spoon over the remaining batter and sprinkle with almonds.

- Bake for 40 minutes or until top is golden brown.
- Allow to cool and refrigerate for an hour.

Nutritional Information:

Total servings - 16
Per serving:
Fat: 19g
Carbohydrates: 6g
Protein: 6g
Calories: 220

