SPANISH · DESSERT · SNACK

Keto Baked Churros with Sugar-Free Cinnamon Coating

45 min · Makes 6 × 1 churro loop · 131 kcal a portion · Video 4:08 · Kye's Kitchen

Vegetarian · Gluten-free ingredients

Choux-style dough of almond and coconut flour, baked instead of fried and sweetened with allulose: about 2 g net carbs a churro and no added sugar.

Diet notes: Keto (1.7 g net carbs a serve).

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Ingredients

11 · MAKES 6 × 1 CHURRO LOOP

- [ ] 50 g **almond flour**
- [ ] 15 g **coconut flour**
- [ ] ½ tsp **xanthan gum**
- [ ] a little **salt**
- [ ] 40 g **butter**
- [ ] 15 g **allulose**
- [ ] 120 g **water**
- [ ] 1 **egg**, beaten
- [ ] ½ tbsp **allulose**, for the cinnamon coating
- [ ] ½ tbsp **ground cinnamon**
- [ ] **unsalted butter**, melted, for brushing (about 8 g)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Mix the almond flour, coconut flour, xanthan gum and a little salt very thoroughly so the xanthan is evenly spread. Set aside. 0:38
2. Melt the 40 g butter in a pan over low heat and cook until lightly browned, then add the allulose and stir until it melts. 1:37
3. Pour in the water all at once and keep stirring while you add the dry ingredients gradually. When it forms a dough, take it off the heat and keep stirring to cool it. 1:52
4. Beat the egg. When the dough is cool enough to touch, stir in the egg until smooth. 2:12
5. Spoon the dough into a piping bag with a star tip and pipe churro shapes onto a lined baking tray. Bake in a preheated oven at 175°C for 20–25 minutes. 2:39
6. While they bake, mix the ½ tbsp allulose with the ½ tbsp cinnamon. 3:07
7. Brush the hot churros with melted butter and sprinkle generously with the cinnamon mix. 3:22

> **Tip** Allulose makes the churros brown more than erythritol. On an electric hob, keep stirring after switching off so the dough doesn't catch. 6 loops is our count from the tray.

The method is a summary in our words — the video shows every step.

One portion (1 churro loop) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
131 kcal	3.4 g	4.1 g	2.4 g	12 g	50 mg
550 kJ	7% of a day	1.7 g net · 0.6 g sugars	8% of a day	5 g saturated	2% of a day
		1% of a day		15% of a day	

Energy from net carbs 5% · protein 11% · fat 84% — fits keto: 1.7 g net carbs, 84% of the energy from fat

Source of (10–19%) Vitamin E 16%

Recipe and video: Kye's Kitchen (@KyesKitchen) on YouTube — youtube.com/watch?v=ApKS_OxR6o0, published 17 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-baked-churros-cinnamon