AMERICAN · DESSERT

Keto Bread Pudding Cake with Cinnamon Cream Sauce

70 min · Makes 16 × 1 square · 237 kcal a portion · Video 3:41 · Papa G's Low Carb Recipes

Vegetarian · Gluten-free ingredients

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Almond flour, eggs and cream sweetened only with sugar substitutes: each square has about 2 g net carbs and no added sugar, so it's a warm pudding that won't spike blood sugar.

Diet notes: Keto (2.4 g net carbs a serve).

Ingredients

16 · MAKES 16 × 1 SQUARE

- [ ] 200 g **almond flour**
- [ ] 1 tsp **baking powder**
- [ ] ¼ tsp **salt**
- [ ] 95 g **powdered sugar substitute**
- [ ] 8 tbsp **unsalted butter**, at room temperature
- [ ] 2 large **eggs** (for the cake)
- [ ] 1 **egg yolk**
- [ ] 1 tsp **almond extract**
- [ ] 120 g **sour cream**
- [ ] 80 ml **water**
- [ ] 2 **eggs** (for the sauce)
- [ ] 350 ml **heavy cream**
- [ ] 190 g **granulated sugar substitute**
- [ ] ½ tsp **ground cinnamon**
- [ ] ¼ tsp **ground nutmeg**
- [ ] 1 tsp **vanilla extract**

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. Heat the oven to 175°C. Whisk the almond flour, baking powder and salt together and set aside. 0:25
2. Beat the butter with the powdered sweetener until crumbly, then beat in the 2 eggs, egg yolk, almond extract, water and sour cream. Scrape down the bowl. 0:40
3. Mix in the almond-flour mixture, spread the batter in an 20 cm or 23 × 18 cm dish, tap it level and bake for 15 minutes. 1:22
4. Meanwhile, whisk the cream, 2 eggs, granulated sweetener, cinnamon and nutmeg in a cold saucepan, then cook over medium heat, stirring, until it boils and thickens. Take off the heat. 1:51
5. Take out the cake (it will still be jiggly), stir the vanilla into the sauce and pour it over the cake to cover the top, keeping back about 120 ml for serving. 2:23
6. Bake another 20–25 minutes until golden on top. Cool 15 minutes, run a knife round the edges, cut into 16 squares and serve warm with the extra sauce. 2:53

> **Tip** Plain whole-milk Greek yoghurt can replace the sour cream, as the cook suggests. Use a powdered and a granulated erythritol or monk fruit sweetener.

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

One portion (1 square) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
237 kcal	5.1 g	4 g	1.6 g	23 g	90 mg
990 kJ	10% of a day	2.4 g net · 1.7 g sugars	6% of a day	10 g saturated	4% of a day
		1% of a day		29% of a day	

Energy from net carbs 4% · protein 9% · fat 87% — fits keto: 2.4 g net carbs, 87% of the energy from fat

High in (20%+ of a day) Vitamin E 25%

Source of (10–19%) Vitamin A 19% · Selenium 11% · Vitamin B12 10%

Recipe and video: Papa G's Low Carb Recipes (@PapaGCooking) on YouTube — youtube.com/watch?v=bEuXAYnsGNs, published 6 February 2020. 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-bread-pudding-cake-cinnamon-sauce