AMERICAN · DESSERT · SNACK

Keto Cinnamon Coffee Cake with Crumb Topping

65 min · plus cooling Makes 12 × 1 square (1/12 cake) 321 kcal a portion

Video 8:35 · Low Carb Love

Vegetarian Gluten-free ingredients

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Almond and coconut flour, butter and eggs sweetened with allulose; only one teaspoon of molasses in the whole cake. About 4 g net carbs and 9 g protein a square.

Diet notes: Keto (4.3 g net carbs a serve).

Ingredients

14 · MAKES 12 × 1 SQUARE (1/12 CAKE)

- [ ] 200 g **almond flour** (cake)
- [ ] 30 g **coconut flour**
- [ ] 2½ tsp **baking powder**
- [ ] ½ tsp **salt**
- [ ] 110 g (1 stick) **butter**, softened
- [ ] 140 g **powdered allulose** (or other powdered sweetener)
- [ ] 3 large **eggs**, room temperature
- [ ] 1 tsp **vanilla extract**
- [ ] 1 tsp **blackstrap molasses** (or brown sugar substitute)
- [ ] 6 tbsp **cold butter** (crumb)
- [ ] 150 g **almond flour** (crumb)
- [ ] 95 g **powdered sweetener** (crumb)
- [ ] 1 tbsp **ground cinnamon** (crumb)
- [ ] **baking spray**, a little, to hold the baking paper

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. In a bowl whisk the almond flour, coconut flour, baking powder and salt, and set aside. 0:18
2. Cream the softened butter with the powdered allulose until pale and creamy (warm the butter for 10 seconds if it is too firm). 0:56
3. Beat in the eggs one at a time, then the vanilla and molasses. 1:50
4. Add the dry ingredients and beat with a hand mixer into a thick batter. 2:36
5. For the crumb, mix the almond flour, sweetener and cinnamon, then work in the butter in small pieces with a spatula or your fingers until it looks like wet sand with some bigger lumps. 3:06
6. Heat the oven to 175°C. Spray and line a 20 cm square pan. Spread in half the batter, scatter over half the crumb, then add the rest of the batter and finish with the rest of the crumb. 4:50
7. Bake 35–40 minutes, covering with foil halfway so the almond crumb doesn't burn, until a toothpick comes out mostly clean. 6:08
8. Let it cool in the pan (the cook waits about 20 minutes) before lifting it out and cutting into 12 squares. 6:33

> **Tip** The cook bakes it in a larger rectangular dish; a loaf pan works too. Coconut oil can replace the butter in the batter. Cut 9 bigger squares if you like.

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

One portion, 1 square (1/12 cake), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
321 kcal	8.4 g	9 g	4.7 g	30 g	200 mg
1,340 kJ	17% of a day	4.3 g net · 2.1 g sugars	17% of a day	10 g saturated	9% of a day
		3% of a day		38% of a day	

Energy from net carbs 5% · protein 10% · fat 85% — fits keto: 4.3 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 53% · Magnesium 20%

Source of (10–19%) Vitamin A 15% · Zinc 10% · Selenium 10%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=w3kUb2yQjCQ, published 29 April 2022. 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-cinnamon-crumb-coffee-cake