AMERICAN · DESSERT

Cinnamon Ricotta Cake with Coconut Flour

75 min · Makes 8 × 1 slice · 230 kcal a portion · Video 6:54 · Keto Connect

Vegetarian · Gluten-free ingredients · Nut-free

A nut-free, grain-free cake sweetened with erythritol and stevia instead of sugar: about 4 g net carbs and 8 g protein a slice.

Diet notes: Keto (3.8 g net carbs a serve).

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Ingredients

10 · MAKES 8 × 1 SLICE

- [ ] **coconut oil spray**, for the pan
- [ ] 1 stick (110 g, 8 tbsp) **butter**, melted
- [ ] 50 g **powdered erythritol**
- [ ] 250 g **full-fat ricotta cheese**
- [ ] 4 large **eggs**
- [ ] 1 tsp **vanilla extract**
- [ ] 3/8 tsp (about 30 drops) **liquid stevia**
- [ ] 60 g **coconut flour**
- [ ] 1 tbsp **ground cinnamon**
- [ ] 1/2 tbsp **baking powder**

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 160°C and grease an 8- or 20–23 cm springform pan with coconut oil spray. 2:27
2. Melt the butter in a large bowl and stir in the erythritol straight away (this cools it so it won't cook the eggs). 0:22
3. Add the ricotta, eggs, vanilla and stevia and mix until even, then add the coconut flour, cinnamon and baking powder and mix to a thick batter. 0:36
4. Spread the batter evenly in the pan. Bake 50–60 minutes, until firm and browned on top (a smaller, deeper pan needs the full hour). 2:36
5. Cool at least 10 minutes before slicing into 8. 4:41

> **Tip** Nut-free. Keeps up to 10 days in the fridge in an airtight container. The cooks suggest cream cheese frosting, or splitting it and filling with frosting for a layer cake; pumpkin pie spice can replace the cinnamon.

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

One portion (1 slice) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
230 kcal	8.3 g	6.8 g	2.9 g	19 g	160 mg
960 kJ	17% of a day	3.8 g net · 1 g sugars	11% of a day	12 g saturated	7% of a day
		2% of a day		25% of a day	

Energy from net carbs 7% · protein 15% · fat 78% — fits keto: 3.8 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Selenium 25%

Source of (10–19%) Vitamin A 19% · Vitamin B12 17%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=65k1G6VXvJQ, published 9 September 2018. 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-ricotta-cake