MEXICAN · DESSERT

Keto Tres Leches Cake with Almond Flour

95 min · plus 2–3 hours chilling · Makes 15 × 1 slice (1/15 cake) · 278 kcal a portion

Video 16:39 · Low Carb Love

Vegetarian · Gluten-free ingredients

Almond and coconut flour sponge soaked in cream and almond milk and sweetened only with allulose: about 3 g net carbs a slice and no added sugar.

Diet notes: Keto (3.1 g net carbs a serve).

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Ingredients

20 · MAKES 15 × 1 SLICE (1/15 CAKE)

- [ ] 2½ cups **heavy cream**, for the sugar-free condensed milk (about ⅔ of the batch goes in the cake)
- [ ] 4 tbsp **unsalted butter**, for the condensed milk (⅔ counted)
- [ ] 1 cup **allulose**, for the condensed milk (⅔ counted)
- [ ] 1 tsp **vanilla extract**, for the condensed milk
- [ ] a dash of **salt**, for the condensed milk
- [ ] 1½ cups **superfine almond flour**
- [ ] ¼ cup **superfine coconut flour**
- [ ] ¾ cup **allulose sweetener**
- [ ] 1 tbsp **baking powder**
- [ ] ¼ tsp **salt** (optional)
- [ ] 3 large **eggs**
- [ ] ¼ cup **unsweetened almond milk**
- [ ] 1 tbsp **vanilla extract**
- [ ] 6 tbsp **butter**, melted
- [ ] ¼ cup **heavy cream**, for the soak
- [ ] 1 cup **unsweetened almond milk**, for the soak
- [ ] ½ cup **heavy cream**, for the topping
- [ ] 2 tbsp **powdered allulose**, for the topping
- [ ] 1 tsp **vanilla extract**, for the topping
- [ ] a **dusting of ground cinnamon**

Amounts in US 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. Make the condensed milk ahead: put the 2½ cups cream, 4 tbsp butter, 1 cup allulose, vanilla and salt in a saucepan, bring to a boil, then simmer on low 30–40 minutes until reduced by half. Chill; it thickens as it cools.
2. Heat the oven to 350°F. In a large bowl mix the almond flour, coconut flour, ¾ cup allulose, baking powder and salt. 2:32
3. Add the eggs, ¼ cup almond milk, vanilla and melted butter, and mix into a smooth, thick batter. 3:48
4. Spray a 9 inch square baking dish, pour in the batter, level it and bake about 20 minutes, until golden at the edges and a toothpick comes out dry. 4:47
5. While the cake cools for about 15 minutes, whisk 1 cup of the condensed milk with the ¼ cup cream and 1 cup almond milk. 8:25
6. Poke holes all over the cake right to the bottom with a fork. Pour most of the milk mixture over, saving about a quarter, then refrigerate 2–3 hours until soaked in. 9:11
7. Drizzle on the saved milk. Whip the ½ cup cream with the powdered allulose and vanilla, spread a thin layer over the cake, dust with cinnamon and cut into 15 slices. 12:21

> **Tip** The condensed-milk batch makes more than the 1 cup the cake needs; keep the rest in the fridge for coffee. In the video the topping was whipped until buttery, like a buttercream; fresh strawberries suit it too.

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

One portion, 1 slice (1/15 cake), gives you

1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
278 kcal	**4.8** g	**5.2** g	**2** g	**27** g	**190** mg
1,160 kJ	10% of a day	3.1 g net · 2 g sugars 2% of a day	7% of a day	14 g saturated 35% of a day	8% of a day

Energy from net carbs 5% · protein 7% · fat 88% — fits keto: 3.1 g net carbs, 88% of the energy from fat

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

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=i4La2_MX13M, published 27 July 2025. 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-tres-leches-cake-almond-flour