GLOBAL · DESSERT

Keto Vanilla Birthday Cake with Cream Cheese Frosting

60 min · plus cooling and chilling | Makes 12 × 1 slice (1/12 cake) | 554 kcal a portion

Video 5:19 · lowcarbrecipeideas

Vegetarian | Gluten-free ingredients

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Almond and coconut flour, eggs and cream sweetened with monk fruit and allulose: about 6 g net carbs and 11 g protein a slice, with no added sugar.

Diet notes: Keto (6.3 g net carbs a serve).

Ingredients

17 · MAKES 12 × 1 SLICE (1/12 CAKE)

- [ ] 240 g **almond flour**
- [ ] 60 g **coconut flour**
- [ ] 8 g (2 tsp) **baking powder**
- [ ] 4 g (1 tsp) **baking soda**
- [ ] 4 g (1 tsp) **salt**
- [ ] 50 g **monk fruit sweetener**
- [ ] 6 large **eggs** (345 g)
- [ ] 380 ml (350 ml + 1 tbsp) **whipping cream**
- [ ] 120 g **unsalted butter**, melted
- [ ] 15 ml (1 tbsp) **vanilla extract**
- [ ] 150 g **unsalted butter**, softened (frosting)
- [ ] 337 g **cream cheese**, softened (frosting)
- [ ] 120 g **powdered allulose** (frosting)
- [ ] ¼ tsp **salt** (frosting)
- [ ] 15 ml (1 tbsp) **vanilla extract** (frosting)
- [ ] a handful of **fresh berries**, to decorate (optional)
- [ ] **powdered sweetener**, for dusting (optional)

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 170°C. In a big bowl mix the almond flour, coconut flour, baking powder, baking soda, salt and monk fruit sweetener. 0:45
2. Add the eggs, whipping cream, melted butter and vanilla and whisk to a smooth, moderately thick batter. 1:16
3. Grease three 20 cm round pans and line the bases with baking paper. Divide the batter between them, spread it evenly and bake about 15 minutes, until a toothpick comes out clean. 1:57
4. Meanwhile beat the softened cream cheese and butter with a hand mixer until smooth, then beat in the powdered allulose, salt and vanilla. Chill until the cakes are cold. 2:25
5. When the layers are completely cool, spread frosting over the first, add the second, frost it, then top with the third. 3:20
6. Cover the top and sides with the rest of the frosting, smooth it and run a toothed cake scraper around the sides. Decorate with berries and a dusting of powdered sweetener. 3:45
7. Cut into 12 slices. Keep in the fridge for up to a week. 4:30

> **Tip** Without the frosting, the cook says to raise the cake's sweetener to 80–120 g. Yoghurt, sour cream or coconut cream can replace the whipping cream.

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

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

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
554 kcal	12 g	11 g	4.5 g	53 g	480 mg
2,320 kJ	23% of a day	6.3 g net · 3.9 g sugars	16% of a day	26 g saturated	21% of a day
		4% of a day		68% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 6.3 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin A 46% · Vitamin E 44% · Selenium 26% · Vitamin B12 20%

Source of (10–19%) Omega-3 17% · Magnesium 16% · Zinc 12% · Calcium 10%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=RR7kp1C834U, published 21 March 2023. 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-vanilla-layer-cake-cream-cheese-frosting