

This Keto Raspberry Custard Roulade is a great way to enjoy the blended flavors of light vanilla sponge, creamy custard and fresh tangy raspberries. Once you taste it you will be coming back for more. Enjoy!

Servings - 12

Prep Time - 20 Mins | Cook Time - 40 Mins | Total Time - 60 Mins

Difficulty - Takes a little care



Cuisine - French

RECIPE

KETO RASPBERRY CUSTARD ROULADE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[11 x 7 inch Baking Tray](#)

[Parchment Paper](#)

[Hand Mixer Electric](#)

[Spatula](#)

[Cake Knife and Pie Server](#)

[Serving Tray](#)

INGREDIENTS

Sponge

115 g Unsalted butter at room temperature

[1/3 Cup Monk-Fruit/Erythritol blend sweetener](#)

[1/4 Cup Allulose Sweetener \(powdered\)](#)

3 Large eggs

[1 Tsp Vanilla Extract](#)

[150 g FHALL Low Carb All-Purpose White Flour](#)

[1/2 Tsp Baking Powder](#)

[1/4 Tsp Himalayan Salt \(Ground\)](#)

1/8 Cup spring water

[1/8 Cup Double/Heavy Cream](#)

NOTE: For gluten free option replace the FHALL Low Carb all-purpose white flour with FHALL Low Carb Gluten-Free white flour and 1 Tsp baking soda.

Filling

200g raspberries

[1 Vanilla Pod](#)

[20 g Monk-Fruit/Erythritol blend sweetener](#)

[300 ml Keto Creamy Vanilla Custard](#)

[300 ml Double/Heavy Cream](#)

[1 Tbsp Sukrin Icing](#)

METHOD

Heat the custard on low heat in a medium-sized pan, add 2 Tbsp FHALL Low Carb plain white flour and stir until it becomes fairly thick. Cover with cling film and place it in the fridge until it is thoroughly chilled.

Preheat the oven to 325°F/170°C or Fan 150°C/Gas Mark 3 and grease and line a 11 x 7-inch Swiss roll tin with parchment paper.

Combine the flour, baking powder, and salt in a large bowl and, when thoroughly combined, set aside.

Whisk the butter and sweetener with a handheld whisk until smooth. Add the eggs one by one until each one is incorporated.

Add a third of the flour, followed by a third of the milk and beat the mixture to combine. Repeat the process until you run out of flour and milk. Add vanilla extract and stir to combine.

Pour the sponge mixture into a baking tray and spread it out evenly.

Sprinkle over the sweetener and seeds from a split vanilla pod. Bake in the oven for approximately 20 minutes, until tender, and leave to cool.

Filling

Whisk the cream until it forms stiff peaks. Fold in the custard and mix well. Gently fold in the raspberries and then spread 3/4 of the cream mixture over the sponge.

Cover and place in the fridge until the cream mixture is firm and then roll the sponge and return it to the fridge until serving. Sprinkle with Sukrin Icing before serving and cut into pop the remaining cream on top.

STORAGE

Store in an air proof container and refrigerate for up to 3 days, or freeze for up to 30 days.

NUTRITION FACTS

Per serving : 114 g | Calories 253 | Protein 8.7 g | Fat 20.9 g | Carbs 8.7 g | Fiber 2.5 g
Net Carbs : 6.2 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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