For Health and Long Life

Learning how to make this fluffy and delicious Keto Creamy Coconut Cake is a must for all you coconut fans. It's made with desiccated coconut and coconut milk and topped with creamy coconut frosting. An easy dessert recipe for you to make a homemade cake from scratch.

Servings - 16

Prep Time - 25 Mins | Cook Time - 30 Mins | Total Time - 55 Mins

Difficulty - Easy



Cuisine - American

RECIPE
KETO CREAMY COCONUT CAKE

EQUIPMENT

Cup and Spoon Measures

Disc Kitchen Scale

Non Stick Medium Saucepan

Electric Stand Mixer

9 inch spring cake tin

Wooden Spoon

Spatula

Aluminum Foil

Toothpicks

Glass Cake Stand Dome

Cake Knife and Pie Server

INGREDIENTS

Cake

3 Eggs at room temperature

1/2 Cup Monk-Fruit/Erythritol blend sweetener

1/4 Cup Allulose/Erythritol Blend Sweetener

3/4 Cup Coconut Milk (unsweetened)

1/2 Cup Coconut Oil

1 Tbsp White Vinegar

1 Tsp Vanilla Syrup, sugar free

200 g FHALL Low Carb All-Purpose White Flour

1 Tsp Baking Soda

Pinch of Himalayan Salt (Ground)

1/3 Cup Desiccated Coconut, unsweetened

Coconut Cream

3/4 Cup Almond Milk (unsweetened)

1/4 Cup FHALL Low Carb All-Purpose White Flour

1/3 Cup Monk-Fruit/Erythritol blend sweetener

1 Cup Coconut Milk (unsweetened)

1 Cup Double/Heavy Cream

1 Tsp Vanilla Extract

Topping

1/3 Cup Toasted Coconut Chips

METHOD

Cake

Preheat the oven to 350°F.

Grease with butter or cooking spray a 9 inch round springform cake pan and set it aside.

Fit the whisk attachment on the electric mixer, and put the eggs and sweetener in the bowl. Beat the eggs and sweetener on medium speed for about 5 minutes, then add coconut milk, oil, vinegar, and vanilla. Beat on low speed for approx 10 seconds, until just combined.

Sift in the flour and salt over the mixture. Stir gently on low with the balloon whisk fitting until just combined. Do not over-mix the flour.

Add the coconut and stir.

Pour the mixture into the prepared pan.

Bake for 30 to 35 minutes. Check after 20 minutes, and if the cake is browning, cover it with foil and return to the oven. To check if the cake is ready, insert a toothpick in the center of the cake. If it comes out clean, the cake is cooked.

Coconut Cream

Place the almond milk and flour in a medium saucepan and dissolve the flour in the cold milk using a hand whisk to avoid lumps.

Add the sweetener, coconut milk, and heavy cream. Bring to a boil while constantly stirring over medium heat until thickened. It should take around 5 minutes, then turn off the heat, add vanilla extract and stir.

Using a wooden spoon handle, poke holes all over the cake. Spread 3/4 of the coconut cream over the cake while both are still hot so that it will soak in, and leave to cool

Topping

Spread the remaining cream on top. Use a fork to make the pattern as per the image above, and then sprinkle the 1/3 cup of unsweetened coconut flakes over the cream.

Refrigerate the cake for a minimum of 2 hours before you serve.

SERVING SUGGESTIONS

Serve with Keto Rich Vanilla Ice Cream.

STORAGE

Wrap the cake in plastic to protect it from absorbing any fridge smells and to protect your cake from drying out. Unwrap it and let it warm up to room temperature on the counter before serving.

NUTRITION FACTS

Per serving : 97 g | Calories 199 | Protein 9.7 g | Fat 14.6 g | Carbs 6.8 g | Fiber 2.6 g
Net Carbs : 4.1 g

LOW CARB - KETO - SUGAR FREE - VEGETARIAN

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