



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Taxes Chocolate Pan Cake

2g NET Carbs (Low Carb Keto)

Absolutely delicious! Low Carb Keto. One of the Best Cake Recipes I've ever tasted. You will never believe its Low Carb and Keto Friendly. Its Beyond Delicious! Its as good or better then any high carb cake and you will not be disappointed!



NUTRITION

Recipe yields approx. 20 Servings. 1 serving = Calories: 220kcal | Carbohydrates: 6g | Protein: 5g | Fat: 19g | Fiber: 3.1g

INGREDIENTS

Cake Layer

- 2 cups almond flour
- 3/4 cup Swerve Sweetener
- 1/3 cup coconut flour
- 1/3 cup unflavoured whey protein powder
- 1 tbsp baking powder
- 1/2 tsp salt
- 1/2 cup butter
- 1/2 cup water
- 1/4 cup cocoa powder
- 3 large eggs
- 1 tsp vanilla extract

- 1/4 cup heavy cream
- 1/4 cup water

Frosting:

- 1/2 cup butter
- 1/4 cup cocoa powder
- 1/4 cup heavy cream
- 1/4 cup water 1 tsp vanilla extract
- 1 1/2 cups powdered Swerve Sweetener
- 1/4 tsp xanthan gum
- 3/4 cup sliced almonds

Instructions:

Cake:

1. Preheat oven to 325F and grease a 10x15 inch rimmed sheet pan very well.
2. Whisk together the almond flour, sweetener, coconut flour, protein powder, baking powder, and salt.
3. In a saucepan on medium heat, combine the butter, water, and cocoa powder.
4. Stirring until melted. Bring to a boil and then remove from heat. Add to the bowl.
5. Add eggs, vanilla extract, cream and water and stir until well combined. Spread in prepared baking pan.
6. Bake 15 to 20 minutes, until cake is set and a tester inserted in the center comes out clean.

Frosting:

1. In a saucepan, combine butter, cocoa powder, cream, and water. Bring to a simmer, stirring until smooth. Stir in vanilla extract. Add monkfruit sweetener 1/2 a cup at a time, whisking until dissolved. Whisk in xanthan gum.
2. Pour over warm cake and sprinkle with Almonds. Let cool until frosting is set, about 1 hour