

Gluten Free, Keto Friendly White Cake

Posted At : January 10, 2017 10:20 AM | Posted By : Jason

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Here is a cake that is not only Gluten Free (as long as you get the Gluten Free ingredients of course) but it is also low carb and keto friendly. I dont have any photos or a video of this yet, but I will be making a video of this soon, and it is very easy to make. It does not rise like a traditional cake will as there is no yeast in this, but it is still good. I am not a big coconut fan at all, and I have no problem eating this

Ingredients:

- 1/2 cup **coconut flour** (may want to sift it)
- 1/8 teaspoon **salt**
- 5 eggs, save 3 whites on the side
- 1/2 cup **olive oil**
- 1/2 cup **Splenda**, **sucralose**, **stevia** or **Erythritol**
- 1 teaspoon **vanilla extract**
- 1 teaspoon butter
- 1/4 teaspoon **baking soda**

Directions In a **bowl** , mix the coconut flour, salt, baking soda, and splenda (sucralose or stevia). Mix until no clumps are left. Combine the olive oil, vanilla extract, butter, 3 eggs yolks and 2 eggs until well blended. Combine the dry ingredients with the wet ingredients.

Beat the remaining egg whites with a **Kitchen Aid Mixer** or a **handheld mixer** into soft peaks and gently blend them into the batter.

Grease an **8 inch cake pan**

Place a piece of **parchment paper** in the bottom

Pour the batter into the prepared cake pan. Bake at 350 degrees Fahrenheit for 25 to 30 minutes or until a tooth pick inserted into the center comes out clean. Let cool 10 minutes before taking it out of the pan. Let it cool for 1 hour before frosting it.



Frosting :

- 3/4 cup heavy whipping cream chilled
- 8 oz. neufchatel cheese softened
- 1/2 cup **Splenda**, **sucralose** or **stevia**
- 3 tsp **vanilla extract**

Whip the cream until stiff. In a separate bowl, beat the cream cheese until very smooth, then beat in the Splenda and vanilla. Combine and mix lightly.