



Keto Carrot Cake Recipe

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This three layer Keto Carrot Cake is a stunner of a low carb dessert. Frosted with the best sugar-free cream cheese frosting, this cake will wow your friends and family. And it's remarkably easy to make!

Course Dessert

Cuisine	American
Keyword	keto carrot cake bars
Prep Time	50 minutes
Cook Time	25 minutes
Total Time	1 hour 15 minutes
Servings	16 servings
Calories	320kcal

Ingredients

Carrot Cake

- 2 cups pecan flour/almond flour See Notes
- 1/3 cup coconut flour
- 1/3 cup unflavoured whey protein powder or egg white protein powder
- 1 tablespoon baking powder
- 2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 4 large eggs
- 1/2 cup avocado oil or another neutral oil
- 1/2 cup Swerve Brown
- 1/2 cup Swerve Granular
- 1 1/2 cups finely grated carrot lightly packed
- 1 1/2 teaspoon vanilla extract
- 1/3 cup chopped pecans

Cream Cheese Frosting

- 8 ounces cream cheese softened
- 1/2 cup butter softened
- 3/4 cup powdered Swerve Sweetener
- 1 teaspoon vanilla extract
- 1/2 cup heavy whipping cream room temperature

Garnish

- 1/4 cup chopped pecans
- 1 tablespoon finely grated carrot

Instructions

Cake

1. Preheat the oven to 350°F and grease 3 8-inch round cake pans. Line the bottoms with parchment paper and grease the paper.
2. In a medium bowl, whisk together the pecan flour, coconut flour, protein powder, baking powder, cinnamon, salt, and cloves.
3. In a large bowl, beat the eggs and oil with the sweeteners until well combined and the sweeteners are mostly dissolved. Beat in the carrots and vanilla extract.
4. Add the dry ingredients and beat on low until combined. Stir in the chopped pecans.
5. Divide the batter evenly among the baking pans and spread to the edges. Bake 18 to 25 minutes, or until golden brown and the tops are firm to the touch.
6. Remove and let cool completely in the pans, then run a sharp knife around the inside of the pans and flip out onto a wire rack.

Cream Cheese Frosting

1. In a large bowl, beat the cream cheese and butter together until very smooth. Beat in the sweetener and vanilla extract until well combined.
2. Slowly beat in the heavy whipping cream until a spreadable consistency is achieved.

To assemble

1. Place one layer of cake on a cake stand or plate. Spread the top with one quarter of the frosting. Repeat with the remaining layers.
2. Use the final quarter of frosting to lightly crumb coat the sides, so that the cake peeks through.
3. Sprinkle the chopped pecans and shredded carrot around the outside of the top of the cake. Refrigerate 1 hour before cutting and serving.

Notes

Notes on pecan flour: Some pecan flours are more dry than others. Amoretti used to sell a really good one but it's now unavailable. All the others I have tried result in a drier texture so I actually recommend using half almond flour and half pecan flour.

Nutrition

Serving: 1 slice | Calories: 320kcal | Carbohydrates: 6.3g | Protein: 6.2g | Fat: 32.7g | Fiber: 3g

By Carolyn Ketchum of All Day I Dream About Food