

Sticky Bun Cake

I apologize that there are no pictures of this recipe. I have tried to describe the steps carefully.

- 8 oz cream cheese (I used 1/3 less fat)
- 1 1/2 cup xes sweetener or THM gentle sweet (divided)
- 1/8 cup nut milk
- 2 teaspoons vanilla extract (divided)
- 1 loaf of [No Carb Easy Bread](#) or Wonderful White Blender Bread (recipe in THT, p 242)
- 2 sticks butter (divided)
- 2 teaspoons cinnamon (divided)
- 1/2 teaspoon blackstrap molasses
- 1 teaspoon mineral salt
- 1 cup pecans

Directions

1. Preheat the oven to 325F (165C).
2. In a saucepan, melt 1 stick of butter over low heat. Whisk in 1/2 cup of sweetener and 1 tsp of cinnamon and 1 teaspoon of vanilla.
3. In a large bowl, beat the cream cheese and nut milk with a hand mixer until smooth. Add melted butter mixture and mix again. Set aside until ready to use.
4. On a cutting board, cut the crusts off the bread. Slice the bread into thin slices using a serrated knife.
5. Remove any remaining crust from the slices.
6. Lay out 4 pieces of bread in a line so they are slightly overlapping, then press the overlapping edges together to adhere. Repeat with the rest of the bread, I ended up with 4 strips of 4 slices of bread and 1 strip of 5 slices.

7. Spread the cream cheese mixture on each of the strips of bread.
8. Starting at a short end, roll up one of the strips of bread.
9. Take that roll, place it on one end of another strip, and roll them together. Repeat until all of the strips have been rolled up into one large roll.
10. In a small saucepan over medium heat, mix together the remaining stick of butter, remaining cup of sweetener, salt, remaining teaspoon of vanilla, and molasses until melted. Remove from heat.
11. Pour $\frac{2}{3}$ of the caramel mixture into an 8-inch round cake pan. Sprinkle the pecans on top of the caramel.
12. Place the bread roll (standing up so it looks like a sticky bun or cinnamon roll) inside the pan on top of the caramel and pecans. Pour the rest of the caramel over the top of the roll.
13. Bake for 35-40 minutes, until the top is crisp. (I, unfortunately, used a 10-inch pan to make my "roll" turn into a "rose", please use an 8-inch pan.)
14. Place a large plate over the top of the cake pan. Using oven mitts, invert the roll onto the plate, and remove the cake pan.
15. Let cool for about 10 minutes before slicing.

When removing the crusts from the loaf of bread, use a sharp serrated knife. I removed the bottom and side crusts before slicing but chose to remove the top crust after slicing because the shape was so irregular. I thought I would lose less bread this way. This is a very tender bread. Take your time while slicing. You want thin slices, aiming for 20-25 slices. Some of my slices were taller than others. I used the tallest slices for my first "roll" with the slices getting shorter as they got to the outer edges of the roll.