



Keto Carrot Cake

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This wonderfully moist and flavorful keto carrot cake is made with almond flour.

Course Dessert
Cuisine American

Diet Gluten Free
Prep Time 20 minutes
Cook Time 25 minutes
Cool time 1 hour
Total Time 1 hour 45 minutes
Servings 9 slices
Calories 344kcal
Author [Vered DeLeeuw](#)

The way I made it



Ingredients

- ½ tablespoon butter for pan - parchment paper
- 4 large eggs
- ½ cup avocado oil
- 1-½ teaspoon stevia glycerite (equals ½ cup sugar) Lakanto
- 1½ cup blanched finely ground almond flour (6 ounces - it's best to measure by weight)
- 2 teaspoons ground cinnamon
- ¼ teaspoon allspice
- ½ teaspoon Diamond Crystal kosher salt or ¼ teaspoon of any other salt
- 1 teaspoon baking powder gluten-free if needed
- 1 ½ cup carrots finely grated, loosely packed - 6 ounces

Cream cheese frosting:

- 8 ounces cream cheese cubed, softened
- 1-½ teaspoon stevia glycerite (equals ½ cup powdered sugar) *sugar free*
- ½ teaspoon pure vanilla extract

Instructions

1. Preheat the oven to 325°F. Generously butter a square 8-inch pan. Or line it with parchment with an overhang and grease the parchment paper.
2. In a large bowl, whisk together the eggs, oil, and stevia until combined.
3. Mix in the almond flour, using a rubber spatula, and then a hand whisk. Whisk until completely smooth.
4. Whisk in the cinnamon, allspice, kosher salt, and baking powder.
5. Fold in the grated carrots.
6. Transfer the batter to the prepared pan, smoothing it out with a rubber spatula. Bake the cake until puffed and fragrant and a toothpick inserted in its center comes out clean, about 25 minutes.
7. Cool the cake in the pan on a cooling rack until completely cool, about 1 hour.
8. When the cake is completely cool, make the frosting: whisk the soft cream cheese, stevia, and vanilla with a hand whisk until smooth and fluffy.

Mine took 35 min

9. Run a knife around the edges of the pan to loosen the cake. Cut the cake into nine squares. To remove each square from the pan, firmly slide a cake server underneath each slice and lift it out.
10. Using a soup spoon, divide the frosting evenly between the cake slices. Use a small spatula to spread the frosting evenly on top of each slice (just like you would frost a cupcake).

Notes

- A granulated sweetener in the frosting will feel grainy, so please use a powdered sweetener. If using a powdered sweetener in the frosting instead of stevia, it's possible that you would need to add a bit more heavy cream to get the right consistency.
- Ideally, you would grate the carrots very finely by hand or in a food processor. But I often buy pre-shredded carrots. I give them a quick extra chop before using them since they tend to be shredded pretty coarsely.
- Keep in mind that coarsely shredded carrots will affect the cake's texture - they cook "al-dente" inside the cake. I like this texture. But if you want a softer and more uniform texture, you should use finely grated carrots.
- Once completely cool, you can keep the leftovers in the fridge, in an airtight container, for up to 5 days. Remove them from the fridge about 30 minutes before enjoying them. Just like any other spice cake, this cake improves with time. It's moister and more flavorful the day after you bake it. You can also freeze this cake, provided it is not frosted. Once frosted, I don't recommend freezing it.

Nutrition

Serving: 1 slice | Calories: 344kcal | Carbohydrates: 8g | Protein: 9g | Fat: 32g | Saturated Fat: 7g | Sodium: 235mg | Fiber: 3g | Sugar: 3g

Keto Carrot Cake <https://healthyrecipesblogs.com/keto-carrot-cake/>

