

Keto Celebration Brownie Cake

Hands-on 20 minutes Overall 45 minutes



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Nutritional values (per slice): Total carbs: 15.5 g, Fiber: 7.3 g, **Net carbs: 8.2 g**,

Protein: 10.8 g, Fat: 43.1 g, Calories: 462 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 14 slices)

Cake:

2 bars dark 90% chocolate, or at least 85% dark chocolate (200 g/ 7.1 oz)

250 g butter or virgin coconut oil (8.8 oz)

6 large eggs

30 drops liquid stevia

1 1/2 cups powdered Erythritol or Swerve, or to taste (240 g/ 8.5 oz)

2 cups almond flour (200 g/ 7.1 oz)

1 cup raw cacao powder or Dutch process cocoa powder (86 g/ 3 oz)

1/2 cup ground chia seeds (60 g/ 2.1 oz)

1 tsp baking soda

2 tsp cream of tartar

Filling:

1 1/4 cups double cream (300 ml/ 10.1 fl oz)

100 g full-fat Greek yoghurt (3.5 oz)

2 1/2 cups mixed berries (350 g/ 12.3 oz)

Tips:

You can use raspberries, blueberries, blackberries and/or strawberries.

Here is a quick overview of the net carbs per 1/2 cup: strawberries: 4.1 g, raspberries: 3.3 g, blackberries: 3.1 g, cultivated blueberries: 8.9 g, wild blueberries: 7.3 g.

Instructions

1. First, prepare the brownie base. Preheat the oven to 175 °C/ 350 °F. Break the chocolate into small pieces and add to a heatproof bowl with the butter. Place over a pan filled with simmering water and make sure the water doesn't touch the bowl: only the steam should heat the bowl. Slowly melt while stirring.

- When most of the chocolate is melted, remove the pan from the burner and let the mixture continue to melt while stirring. The chocolate mixture should not be hot when added to the dough.
- Place the eggs, liquid stevia, and powdered erythritol into a bowl and whisk until well combined. Beat in the chocolate mixture and gently fold in the almond flour, cacao powder, ground chia seeds, baking soda, and cream of tartar and process well.
- Cut 2 circles in grease proof paper, the size to cover the base of your 20 x 20 cm (8 x 8 inch) sandwich tins and place at the bottom. Grease the sides with a little oil to prevent sticking.
- Spoon 2/3 of the mixture into one tin and the remaining 1/3 into the other.
- Bake in the oven for 16 - 22 minutes. Check the smaller cake after 16 minutes. As it's thinner it will take slightly less time to cook. The cakes are done when you can insert and remove a skewer without the mixture sticking and are not too soft to touch. Once both are cooked remove from the oven and allow to cool fully.
- Remove from the cake tins and place on a wire rack.
- Using a large sharp knife cut the larger cake horizontally to form 2 layers. This will give you 3 layers in total.
- Whip the cream and yoghurt to a thick, stiff consistency either using a stand mixer or a hand mixer. If using a stand mixer, place the bowl in the freezer for 10 minutes to chill. Do not over beat to prevent splitting.
- Place one of the cake bases on a serving plate. Spread with half the cream filling and scatter with half the berries.
- Top with the next layer of brownie cake and repeat the above step adding the cream and berries. Finish with the top layer of brownie. Enjoy! The cake will keep in the fridge for up to 4 days.

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