

Keto Chocolate & Orange Self-Saucing Pudding

Hands-on 15 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 15.4 g, Fiber: 7.5 g, **Net carbs: 7.8 g**,

Protein: 14.8 g, Fat: 52.7 g, Calories: 557 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Pudding:

- 4 large eggs
- 3/4 cup almond flour (75 g/ 2.7 oz)
- 1/3 cup raw cacao powder (28 g/ 1 oz)
- 1/4 cup coconut flour (30 g/ 1.1 oz)
- 2/3 cup canned coconut milk (150 g/ 5.3 oz)
- 1/2 cup virgin coconut oil (109 g/ 3.8 oz)
- 2 tsp Swerve or Erythritol (8 g/ 0.3 oz)
- 2 tsp sugar-free vanilla extract
- 1 tbsp of orange zest or 4 drops food grade orange oil
- 1 tsp apple cider vinegar
- 1 tsp gluten-free baking powder

Chocolate Sauce:

- 4 tbsp Swerve or Erythritol (40 g/ 1.4 oz)
- 1/2 cup raw cacao powder (28 g/ 1 oz)
- 1 1/2 cups boiling water (360 ml/ 12 fl oz)

Note: You will only need half of the sauce. Store the remaining sauce in the fridge for up to a week and make another batch. You can use more sweetener in the pudding if you like. If you just started following a low-carb diet, then you may find some recipes not sweet enough. You can add a few extra drops of stevia or a little more erythritol or Swerve to suit your palate.

Instructions

1. Pre-heat oven to 180 °C/ 360 °F.
2. Combine all of the pudding ingredients in a mixing bowl and combine well. I don't usually melt the coconut oil, I just beat it through but feel free to melt and pour for easier mixing.
3. Grease four ramekins, approx. 10 cm/ 4 inches across with coconut oil. Spoon equal amounts of the pudding batter into each ramekin

and smooth down.

4. Combine sauce ingredients in a jug and stir well until combined. Gently pour the sauce mix on top of the pudding. You should only use about half of the sauce (store the remaining sauce in the fridge for up to a week).
5. Bake for 25 minutes. Serve hot with cream or low carb ice cream like this keto No-Churn Vanilla Ice-Cream, and optionally dust with cacao powder. Enjoy! This treat will keep in the fridge for up to 5 days.

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