Low-Carb Carrot, Zucchini & Lemon Curd Poke Cake

Hands-on 1 hour Overall 5-6 hours

Nutritional values (per serving): Total carbs: 8.4 g, Fiber: 2.9 g, **Net carbs: 5.4 g**, Protein: 10.9 g, Fat: 39.1 g, Calories: 417 kcal,

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

Ingredients (makes 13 servings)

Cake base:

6 large eggs

1/2 cup almond milk, lukewarm (120 ml/ 4 fl oz)

1/2 cup melted butter, ghee *or* virgin coconut oil (120 ml/ 4 fl oz)

1 tsp apple cider vinegar

2 cups almond flour (200 g/ 7.1 oz)

1/3 cup coconut flour (40 g/ 1.4 oz)

1/4 cup whey protein *or* egg white protein powder (25 g/ 0.9 oz)

1/3 cup powdered Swerve *or* Erythritol (53 g/ 1.9 oz)

1 cup grated carrots (110 g/ 4 oz)

1 small zucchini, grated (113 g/ 4 oz)

1/2 cup chopped walnuts (58 g/ 2 oz)

1 tsp grated ginger

1 tsp vanilla powder *or* sugar-free vanilla extract

1/2 tsp baking soda

1/4 tsp sea salt

1 tsp cinnamon

Lemon custard filling:

3 large egg yolks

1/3 cup lemon juice (80 ml/ 2.7 fl oz)

1 tbsp fresh lemon zest

1/4 cup butter, ghee *or* virgin coconut oil (57 g/ 2 oz)

1 cup homemade Keto Condensed Milk (240 ml/ 8 fl oz)

Cream topping:

1 cup heavy whipping cream *or* coconut cream (240 ml/ 8 fl oz)

zest of 1 small lemon

Instructions

1. Preheat the slow cooker on *low* setting. Make the cake base. Line your slow cooker (I used a 6-quart slow cooker) with strong parchment paper and turn the heat to low. (It is important to use firm parchment paper that doesn't tear, e.g. parchment paper lined with aluminium foil on one side)
2. In a bowl, using a hand whisk, mix the wet ingredients for the cake base: eggs, lukewarm almond milk, melted butter and apple cider vinegar.
3. Place all the dry ingredients for the cake in a bowl: almond flour, coconut flour, whey protein powder, powdered Erythritol.
4. Add the carrots, zucchini, walnuts, ginger, vanilla powder, baking soda, salt and cinnamon.
5. Mix until well combined.
6. Pour the egg mixture into the bowl and process until smooth using an electric whisk.
7. Pour the batter into the lined slow cooker and cover with a lid. Cook on low for 3 – 3 1/2 hours (until the top is set). When done, remove the lid and let the cake cool down until it reaches room temperature.
8. Meanwhile, prepare the lemon custard filling. Juice the lemons. Place the egg yolks in a bowl. (Save the egg whites and use in another recipe.)
9. Mix the yolks with the lemon juice and add lemon zest. Place the bowl over a pan filled with simmering water and stir continually, make sure the water doesn't touch the bottom of the bowl. Continue stirring for 5 – 10 minutes or until the custard starts to thicken.
10. Remove from the heat. Add the butter or coconut oil and mix until dissolved.
11. Add homemade keto condensed milk and mix until combined.
12. Using the handle of a wooden spoon, poke several holes all over the cake base.

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13. Pour the custard evenly over the cake base until covered and the holes are filled. Set aside. I left in a cool place for 2 hours to help the custard cool down and set.
14. Meanwhile, prepare the cream topping. Whip the cream or coconut milk (add powdered Erythritol if preferred) until stiff peaks form. Spread over the cooled cake.
15. Finish with an even sprinkle of lemon zest. Grab the parchment paper with both hands and transfer the cake into the fridge to chill until set.
16. Once chilled and set, slice into 13 pieces (just like on the picture in this Keto Tiramisu Poke Cake recipe.
17. Optionally, enjoy with a drizzle of heavy whipping cream. Store in the fridge for up to 5 days or freezer for 3 months.

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