

Low-Carb Red Velvet Cake

Hands-on 30 minutes Overall 1 hour

Nutritional values (per slice): Total carbs: 9.4 g, Fiber: 4 g, **Net carbs: 5.4 g**, Protein: 10.1 g,
Fat: 33.8 g, Calories: 371 kcal,

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



Ingredients (makes 12 servings)

Pink cake base:

- 1 1/3 cups [coconut flour](#) (160 g/ 5.6 oz)
- 3/4 cup + 1 tbsp [almond flour](#) (80 g/ 2.8 oz)
- 1/2 tsp [xanthan gum](#) or [glucomannan powder](#)
- 2 1/2 tsp [cacao powder](#) or [Dutch process cocoa powder](#) (14 g/ 0.5 oz)
- 1 tsp [baking soda](#)
- 1/4 tsp sea salt (*omit if using salted butter*)
- 1 large raw beetroot, peeled and cubed (150 g/ 5.2 oz)
- 1 cup unsweetened [almond milk](#) (240 ml/ 8 fl oz)
- 2 tbsp white wine vinegar (30 ml)
- 1 tbsp lemon juice (15 ml)
- 8 large eggs
- 1 1/4 cup granulated [Erythritol](#) or [Swerve](#) (250 g/ 8.8 oz)
- 1 3/4 sticks unsalted butter, melted (198 g/ 7 oz)

Cream cheese filling & frosting:

- 1 cup cream cheese (240 g/ 8.5 oz)
- 3/4 stick butter, softened (85 g/ 3 oz)
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (53 g/ 1.8 oz)
- 1/2 tsp sugar-free [vanilla extract](#)

Note: For a dairy-free red velvet cake, substitute the butter with palm shortening (sustainably sourced), and the cream cheese with thick [coconut cream](#).

Instructions

1. Preheat oven to 180 °C/ 350 °F (fan assisted) and grease and line two 20 cm/ 8" springform pans.
2. Add the coconut flour, almond meal, xanthan gum, cocoa powder, baking soda, erythritol and salt, to a food processor and process —

this will help to break down the almond meal, making it super fine. Depending on your food processor, you may need to stop and stir the ingredients around a bit to help the process.

3. Transfer to a large mixing bowl.
4. Add the raw beets, almond milk, vinegar and lemon juice to the food processor. Blend until smooth and a vibrant pink.
5. Pour into the dry mix, stirring until combined. Add the melted butter and mix until combined.
6. Separate the egg yolks from the egg whites. Lightly whisk the egg yolks, and then add to the cake batter.
7. Beat the egg whites in a mixer until stiff peaks form. Slowly fold into the cake batter.
8. Pour the batter evenly into the two cake pans. Bake for 25-30 min, until an inserted toothpick comes out clean.
9. Let cake cool for 10 minutes inside the pan. Flip out of the pan and let cool to room temperature before frosting.
10. To make the cream cheese frosting, add all ingredients to a bowl and mix on low-medium speed until combined.
11. To assemble the cake, place one of the cooled cakes on a cake stand or serving plate, and spread 1/3 of the icing on top.
12. Add the second layer, and use the remaining icing to cover the top and sides.
13. Slice and enjoy! If not serving the day of making, place in an airtight container in the fridge and store for up to 5 days. Eat chilled or bring to room temperature before serving.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

Free & premium keto diet plans