

Low-Carb Strawberry & Cream Cake

Hands-on 30 minutes Overall 2 hours 30 minutes



Nutritional values (per serving, 1 slice): Total carbs: 9 g, Fiber: 3.1 g, **Net carbs: 5.9 g,**

Protein: 7.7 g, Fat: 31.7 g, Calories: 347 kcal,

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

Ingredients (makes 12 servings)

Cake base:

3/4 stick unsalted butter, melted (85 g/ 3 oz)
 1/2 cup unsweetened almond milk or cashew milk (120 ml/ 4 fl oz)
 4 large eggs, room temperature
 zest of 1/2 organic lemon
 2 cups almond flour (200 g/ 7.1 oz)
 1/3 cup coconut flour (40 g/ 1.4 oz)
 2/3 cup granulated Erythritol or Swerve (134 g/ 4.7 oz)
 1/2 tsp vanilla bean powder or 1-2 tsp sugar-free vanilla extract
 2 tsp cream of tartar or lemon juice
 1 tsp baking soda
 pinch of sea salt

Topping:

1 1/2 cups heavy whipping cream (360 ml/ 12 fl oz)
 1/2 cup mascarpone cheese or cream cheese (120 g/ 4.2 oz)
 1/4 cup powdered Erythritol or Swerve (40 g/ 1.4 oz)
 1/4 tsp vanilla powder or 1 tsp sugar-free vanilla extract
 zest of 1/2 organic lemon
 450 g fresh strawberries, halved (1 lb)

Instructions

- Preheat the oven to 140 °C/ 285 °F (fan assisted), or 160 °C/ 320 °F (conventional). In a sauce pan, heat up the almond milk. Pour it in a bowl over the butter and let it melt. Then add lemon zest, eggs and vanilla (if using vanilla extract) and whisk until well combined.
- In another bowl, combine all the dry ingredients to make the cake: almond flour, coconut flour, Erythritol, vanilla (if using vanilla powder), baking soda, cream of tartar and salt.

- Using a mixer, process while pouring the wet ingredients slowly into the bowl.
- Pour the dough into a spring pan lined with parchment paper. (You can use an 8-inch or a 9-inch spring pan.)
- Transfer into the oven and bake for about 45 minutes, or until the cake is set and the crust is golden brown. If unsure, use a wooden skewer and insert it in the middle of the cake. If it comes out clean, your cake is done.
- Remove from the oven and place on a cooling rack until it reaches room temperature. Once cooled, run a sharp knife around the edges to release the cake, and carefully remove from the spring pan.
- When the sponge cake base is cool, prepare the cream filling. Place the cream, mascarpone, powdered sweetener, vanilla and lemon zest into a bowl. Use a mixer or a hand whisk to whip until stiff peaks form.
- Using a large sharp knife, carefully cut the cake widthwise. Spread slightly less than half of the cream over the cut side of the bottom half of the cake.
- Top with half of the sliced strawberries.
- Spread a thin layer (3 to 4 tablespoons) of the cream over the cut side of the top half. This will prevent the strawberries from "bleeding" into the cake. Place on top cut side down to "sandwich" the strawberries between the two halves.
- Spread the remaining cream on top and then add the remaining strawberries.
- Place the cake in the fridge for at least 30 minutes before slicing.
- Serve, or cover and refrigerate for up to 5 days. If you really need to, you could freeze any leftover slices in a sealed container for up to 3 months but the strawberries won't be as pretty once defrosted.

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