AMERICAN · DESSERT

Keto Chocolate Layer Cake with Chocolate Frosting

70 min · plus cooling and chilling Makes 16 × 1 slice (1/16 cake) 348 kcal a portion

Video 7:49 · All Day I Dream About Food

Vegetarian Gluten-free ingredients

The layers are almond flour, cocoa and eggs sweetened with Swerve, and the frosting is unsweetened chocolate and coconut: about 3.5 g net carbs a slice and no added sugar.

Diet notes: Keto (3.4 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients 18 · MAKES 16 × 1 SLICE (1/16 CAKE)

- [ ] **butter and baking spray**, for greasing the pans
- [ ] 200 g finely **ground almond flour**
- [ ] 140 g **Swerve sweetener** (granulated)
- [ ] 55 g **cocoa powder**
- [ ] 1 tbsp **baking powder**
- [ ] 1 tsp **instant espresso powder** (optional)
- [ ] ½ tsp **salt**
- [ ] 240 ml **avocado oil mayonnaise**
- [ ] 3 large **eggs**
- [ ] 80 ml **water**
- [ ] 1 tsp **vanilla extract**
- [ ] 55 g **unsweetened chocolate** (frosting)
- [ ] 1 tbsp **coconut oil**, to melt with the chocolate (frosting)
- [ ] 180 ml **coconut oil**, refined for a neutral taste (frosting)
- [ ] 110 g **dairy-free cream cheese**, coconut based (frosting)
- [ ] 190 g **powdered Swerve sweetener** (frosting)
- [ ] 1 tsp **vanilla extract** (frosting)
- [ ] about 80 ml **full-fat canned coconut milk**, to thin the frosting

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C. Grease two 20 cm round cake pans, line the bases with baking paper and grease the paper too. 0:41
2. In a large bowl whisk the almond flour, Swerve, cocoa, baking powder, espresso powder and salt. 1:20
3. Stir in the mayonnaise, eggs, water and vanilla until combined (there is no other oil). 1:56
4. Divide the batter between the pans, smooth the tops and bake 20–25 minutes, until just firm with a little bounce. 2:25
5. Let the layers cool in their pans for about 20 minutes, then cool completely. 2:53
6. For the frosting, melt the chocolate with 1 tbsp of the coconut oil in 30-second microwave bursts, stirring between, and let it cool. 3:24
7. Beat the rest of the coconut oil (soft, not firm) with the dairy-free cream cheese until smooth, beat in the powdered Swerve and vanilla, then the melted chocolate. Thin with coconut milk a few spoonfuls at a time. 3:50
8. Run a knife around the pans and turn the layers out. Spread a third of the frosting on one layer, top with the second, frost the top and sides, then chill 20–30 minutes to firm up. 5:35

> **Tip** Grease the pans with oil instead of butter and the whole cake is dairy-free. Use refined coconut oil if you don't want a coconut taste. The cook adds sugar-free sprinkles. Keep it in the fridge.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/16 cake), gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
348 kcal 1,450 kJ	**5.5** g 11% of a day	**6.9** g 3.4 g net · 1.1 g sugars 3% of a day	**3.5** g 12% of a day	**35** g 16 g saturated 44% of a day	**250** mg 11% of a day

Energy from net carbs 4% · protein 6% · fat 90% — fits keto: 3.4 g net carbs, 90% of the energy from fat

High in (20%+ of a day) Omega-3 61% · Vitamin E 25%

Source of (10–19%) Vitamin K 19% · Magnesium 16% · Iron 11% · Zinc 11%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=D77rx4MZ-wg, published 22 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chocolate-mayonnaise-layer-cake