AMERICAN · DESSERT

Keto Lemon Poppy Seed Cake with Cream Cheese Frosting

65 min · plus cooling and 30 min chilling · Makes 8 × 1 slice (1/8 cake) · 427 kcal a portion

Video 3:00 · ketoserts

Vegetarian · Gluten-free ingredients

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Almond flour, eggs and Greek yoghurt sweetened with erythritol: about 5 g net carbs and 11 g protein a slice, with no added sugar.

Diet notes: Keto (5 g net carbs a serve).

Ingredients

14 · MAKES 8 × 1 SLICE (1/8 CAKE)

- [ ] 3 large **eggs**, room temperature
- [ ] 1 tsp (5 ml) **vanilla extract**
- [ ] 3 tbsp (45 ml) **lemon juice**
- [ ] **lemon zest** (from 1 large lemon)
- [ ] 80 ml **salted butter**, melted
- [ ] 190 g **plain Greek yoghurt**
- [ ] 200 g **blanched almond flour**
- [ ] 100 g **granulated erythritol**
- [ ] 2 tsp (8 g) **baking powder**
- [ ] 1 tbsp (10 g) **poppy seeds**
- [ ] 115 g **salted butter**, softened (frosting)
- [ ] 115 g **cream cheese**, softened (frosting)
- [ ] 1 tbsp (15 ml) **lemon juice** (frosting)
- [ ] 100 g **powdered erythritol** (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 166°C. In a bowl whisk the eggs, vanilla, lemon juice, lemon zest, melted butter and Greek yoghurt until smooth. 0:20
2. Add the almond flour, granulated erythritol and baking powder and stir into a thick batter. 0:54
3. Fold in the poppy seeds. 1:16
4. Line two 15 cm round pans with baking paper, divide the batter between them and bake 30–40 minutes, until a toothpick comes out clean. 1:26
5. Turn the cakes out of the pans and let them cool completely. 1:36
6. For the frosting, beat the softened butter, cream cheese, lemon juice and powdered erythritol until light and fluffy. 1:40
7. Spread frosting on one layer, top with the second and cover the top and sides, piping a few swirls on top if you like. 2:06
8. Refrigerate for 30 minutes before cutting into 8 slices. 2:34

> **Tip** The cook decorates the top with thin lemon slices and a mint leaf. Keep the cake in the fridge.

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

One portion, 1 slice (1/8 cake), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
427 kcal	11 g	8.5 g	3.5 g	40 g	340 mg
1,790 kJ	22% of a day	5 g net · 3 g sugars	12% of a day	17 g saturated	15% of a day
		3% of a day		52% of a day	

Energy from net carbs 5% · protein 10% · fat 85% — fits keto: 5 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 49% · Vitamin A 27% · Selenium 20%

Source of (10–19%) Magnesium 19% · Vitamin B12 19% · Zinc 12% · Calcium 11%

Recipe and video: ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=PURB_BVZhR8, published 24 July 2022. 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-lemon-poppy-seed-layer-cake