MEXICAN · DESSERT

Keto Tres Leches Cake with Almond Flour

95 min · plus 2–3 hours chilling · Makes 15 × 1 slice (1/15 cake) · 278 kcal a portion

Video 16:39 · Low Carb Love

Vegetarian · Gluten-free ingredients

Almond and coconut flour sponge soaked in cream and almond milk and sweetened only with allulose: about 3 g net carbs a slice and no added sugar.

Diet notes: Keto (3.1 g net carbs a serve).

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Ingredients

20 · MAKES 15 × 1 SLICE (1/15 CAKE)

- [ ] 590 ml **heavy cream**, for the sugar-free condensed milk (about ⅔ of the batch goes in the cake)
- [ ] 4 tbsp **unsalted butter**, for the condensed milk (⅔ counted)
- [ ] 200 g **allulose**, for the condensed milk (⅔ counted)
- [ ] 1 tsp **vanilla extract**, for the condensed milk
- [ ] a dash of **salt**, for the condensed milk
- [ ] 150 g **superfine almond flour**
- [ ] 30 g **superfine coconut flour**
- [ ] 150 g **allulose sweetener**
- [ ] 1 tbsp **baking powder**
- [ ] ¼ tsp **salt** (optional)
- [ ] 3 large **eggs**
- [ ] 60 ml **unsweetened almond milk**
- [ ] 1 tbsp **vanilla extract**
- [ ] 6 tbsp **butter**, melted
- [ ] 60 ml **heavy cream**, for the soak
- [ ] 240 ml **unsweetened almond milk**, for the soak
- [ ] 120 ml **heavy cream**, for the topping
- [ ] 2 tbsp **powdered allulose**, for the topping
- [ ] 1 tsp **vanilla extract**, for the topping
- [ ] a **dusting of ground cinnamon**

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. Make the condensed milk ahead: put the 590 ml cream, 4 tbsp butter, 240 ml allulose, vanilla and salt in a saucepan, bring to a boil, then simmer on low 30–40 minutes until reduced by half. Chill; it thickens as it cools.
2. Heat the oven to 175°C. In a large bowl mix the almond flour, coconut flour, 180 ml allulose, baking powder and salt. 2:32
3. Add the eggs, 60 ml almond milk, vanilla and melted butter, and mix into a smooth, thick batter. 3:48
4. Spray a 23 cm square baking dish, pour in the batter, level it and bake about 20 minutes, until golden at the edges and a toothpick comes out dry. 4:47
5. While the cake cools for about 15 minutes, whisk 240 ml of the condensed milk with the 60 ml cream and 240 ml almond milk. 8:25
6. Poke holes all over the cake right to the bottom with a fork. Pour most of the milk mixture over, saving about a quarter, then refrigerate 2–3 hours until soaked in. 9:11
7. Drizzle on the saved milk. Whip the 120 ml cream with the powdered allulose and vanilla, spread a thin layer over the cake, dust with cinnamon and cut into 15 slices. 12:21

> **Tip** The condensed-milk batch makes more than the 240 ml the cake needs; keep the rest in the fridge for coffee. In the video the topping was whipped until buttery, like a buttercream; fresh strawberries suit it too.

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

One portion, 1 slice (1/15 cake), gives you

1 OF 15 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
278 kcal	4.8 g	5.2 g
1,160 kJ	10% of a day	3.1 g net · 2 g sugars
		2% of a day

FIBRE	FAT	SODIUM
2 g	27 g	190 mg
7% of a day	14 g saturated	8% of a day
	35% of a day	

Energy from net carbs 5% · protein 7% · fat 88% — fits keto: 3.1 g net carbs, 88% of the energy from fat

High in (20%+ of a day) Vitamin A 25% · Vitamin E 25%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=i4La2_MX13M, published 27 July 2025. 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-tres-leches-cake-almond-flour