

# Camy's Bundt Cake

## PREP TIME

15 min

## TOTAL TIME

70 min

## Nutrition Information Per Serving

Makes 16 servings

### FAT

23g

### PROTEIN

9g

### CARBS

6g

### CALORIES

263

*Note: Nutrition info does not include optional cinnamon, pecans, chocolate chips, or glaze. With the optional glaze, one slice provide 314 calories, 7g carbs, 10g protein, 29g fat.*

## Ingredients

### Cake:

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3 cups almond flour

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1/3 cup coconut flour

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1/4 cup unflavoured whey protein powder (Rec: Jarrow's)

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1 tbsp baking powder

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1/2 tsp salt

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14 tbsp butter, softened

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1 cup liquid sucralose (Rec: Torani SF Syrup)

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8 large eggs (6 whole eggs and 2 eggs yolks)

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1 tsp vanilla extract

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Optional (depending on flavor): 1 tbsp cinnamon

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Optional (depending on flavor): 1 cup chopped pecans OR Lily's chocolate chips

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½ cup unsweetened almond (coconut milk or water works too in a pinch)

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### **Glaze (Optional):**

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4 tbsp butter

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½ cup liquid sucralose (Rec: Torani SF Syrup)

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1 tsp vanilla extract

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Optional (depending on flavor): 1 tsp cinnamon

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½ cup heavy cream

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¼ tsp xanthan gum

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## **Instructions**

### **Cake:**

1. Preheat the oven to 325F.
2. Grease a large bundt pan very well with butter (important - this affects the flavor of the cake).
3. In a mixing bowl, whisk together the almond flour, coconut flour, protein powder, baking powder, salt, and optional cinnamon, and then set aside.
4. In a large mixing bowl, beat the softened butter with vanilla extract until light and fluffy.
5. Beat the eggs into the butter mixture, two at a time, finishing with the 2 egg yolks.
6. Beat the flour mixture into the butter mixture in 4 equal portions.
7. Beat the sucralose syrup, in  $\frac{1}{4}$  cup portions.
8. Beat in the almond milk.
9. Scoop the batter into the butter-greased bundt pan, using a spatula or spoon to smooth the top.
10. Bake for 55 minutes, until the cake is golden brown and the top is firm but bouncy to the touch. The edges of the cake should also be slightly pulled away from the pan. A toothpick inserted in the center should come out clean.
11. Let cool for 1-2 hours.
12. When ready to serve, place a cutting board on top of the cake pan, then quickly flip over while tightly holding the pan to the board. Tap the cake pan hard with the butt of a metal utensil to release the cake, and slowly and carefully lift the pan straight up and away.

### **Glaze (Optional):**

1. In a small saucepan over low heat, melt the butter.
2. Once butter is melted and starts to brown, add the heavy cream and vanilla extract, whisking frequently until well incorporated.
3. Then add the liquid sucralose syrup, stirring well.
4. Increase the heat to high to simmer the mixture, being careful not to let it boil over. Let simmer for 10 minutes, stirring constantly to stop the liquid from burning or sticking to the pan.
5. Remove the pan from the heat, and then sprinkle with  $\frac{1}{4}$  tsp xanthan gum, while whisking vigorously to combine. Let sit for 20 minutes to thicken (mixture will take some time, be patient!)

**Pro Tip:**

- Try experimenting with different flavors of sugar-free syrup! Favorites are Brown Sugar Cinnamon Syrup, Vanilla Bean Syrup, and Sugar Free Salted Caramel Syrup.
- For a beautiful presentation, try topping with the glaze and chopped nuts!

*Inspired by All Day I Dream About Food Low Carb Pecan Pie Bundt Cake*