

Keto Kentucky Butter Cake

What you'll need:

CAKE

- 2 cups (230g) almond flour – packed
- 1/2 cup (115g) sour cream – levelled
- 1/2 cup (100g) butter
- 3 eggs
- 2/3 cup (120g) sugar substitute (I used erythritol)
- 1 tsp baking powder
- 1 tsp vanilla

SYRUP

- 1/4 cup (50g) butter
- 1/3 cup (60g) sugar substitute (I used erythritol)
- 1 tbsp vanilla
- 2 tbsp water

In a mixing bowl, stir together your sour cream and melted butter. Add in your sugar substitute, vanilla and 1 egg. Whisk together. Drop in another egg and whisk, and then the last egg and whisk again.

Stir in your almond flour and baking powder.

Pour the cake mix into a greased bundt pan. My bundt pan was

approximately 7-inches in diameter.

Bake at 350f or 176c for 35 minutes.

Once the cake is done and out of the oven, set it aside to cool. Keep the cake in the pan. Melt the butter for the syrup. It should be on medium heat.

Whisk in your sugar substitute, vanilla and water. Heat and stir until the sugar substitute has dissolved.

Use a skewer or end of a utensil to poke several small holes into the top (technically the bottom) of the bundt cake. Pour the butter mixture around the cake, making sure the holes are filled with the butter. Keep swirling the pan around until your mixture has dissolved into the cake.

Set aside and let it cool for 1 hour.

When you're ready to serve, place a plate on top of the bundt pan and flip it around so the cake pops right out!

Top with powdered sugar substitute OR some coconut flour!

This makes approximately 12 slices.

NUTRITIONAL INFORMATION (per slice)

- CALS: 266
- FAT: 25.8
- CARBS: 5.4
- FIBRE: 2
- NET CARBS: 3.4
- PROTEIN: 6.2