

BAKED FRENCH TOAST WITH BUTTERMILK SYRUP

1 recipe of “keto cake” cut into ¾ inch cubes

Batter:

8 eggs
2 ½ cups heavy whipping cream
½ cup granulated sweetener (I use swerve)
1 tablespoon vanilla extract
2 teaspoons cinnamon
¼ teaspoon nutmeg

Crumb Topping:

½ cup Lakanto golden monk fruit granulated sweetener
½ cup butter
½ cup almond flour
1 teaspoon cinnamon

Optional Toppings:

Whipped Cream

Berries

Buttermilk Syrup

Directions:

Preheat oven to 350 degrees.

Place keto cake cubes in a large bowl. In a separate bowl, mix eggs, heavy whipping cream, sweetener, vanilla and cinnamon. Pour over keto cake cubes and gently mix; let this sit and soak up liquid while you prepare crumb topping.

In a small bowl add golden Lakanto, butter, almond flour and cinnamon. Mix until crumbly.

Gently stir keto cake mixture again and pour into 9 x 13 baking pan.

Sprinkle with crumb topping and place in oven. Bake for 45 minutes until golden brown. Serve with optional toppings.

Recipe demonstrated on “Living our Keto Life” Facebook Page 2/27/18.

KETO CAKE

Ingredients:

2 Cups “Keto Fuel”
2 teaspoons baking powder
3 Tablespoons granulated erythritol
8 eggs
1/2 Cup whipping cream

Directions:

Preheat oven to 350 degrees. In a medium bowl add all ingredients and whisk together until smooth. Line a baking sheet with parchment paper and spray parchment with coconut oil. Pour batter into pan and evenly spread. Bake for 12-15 minutes until light golden brown. Cool.

BUTTERMILK (KETO) SYRUP

- ½ cup butter
- ⅓ cup powdered swerve
- ¼ cup cream
- ¼ cup water
- 1 tsp. cider vinegar
- ⅛ tsp. salt pinch
- ½ tsp. baking soda
- 1 tsp. vanilla extract or flavoring of choice (my favorite is coconut)

1. In a medium sauce pan, melt the butter.
2. Add the Swerve, salt, cream, water and vinegar.
3. Stir and bring mixture to a full boil.
4. Allow it to boil 1 minute.
5. Remove from the heat and stir in baking soda and vanilla or flavor of choice.
6. It will foam up a lot when you add the soda and flavoring.
7. Serve it warm over your favorite low carb pancakes, crepes or waffles.
8. Keep syrup in a container that can be used in both the microwave and the refrigerator.
9. Keep the syrup in the refrigerator between uses for up to 3 weeks. Stir and gently rewarm when needed before serving.

12 HUGE SERVINGS (big servings)

Fat: 38.6 (84%) Protein 13.16 (13%) Net Carb 2.66 (3%)

These numbers are based off the ingredients I used, and

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they do not include buttermilk syrup or berries (buttermilk syrup is 0 net carbs though)