

Recipe: Low Carb Coconut Cake

Ingredients:

- 12 egg whites
- 8 egg yolks
- 1 cup coconut flour
- 1/4 cup coconut oil (melted)
- 1/4 cup butter (melted)
- 1 cup water
- 3/4 cup erythritol (like Zero, get at Whole Foods)
- 1/4 cup liquid maltitol or Coconut Nectar (like Joseph's, get at Whole Foods)
- 1/2 tsp sea salt
- 2 tsp vanilla extract
- 1 tsp coconut extract
- 1 tsp baking powder

Directions:

Preheat over 350 F, grease a 9x13 pan

Makes 12 servings

- In a medium bowl, beat 12 egg whites (use electric mixer) until it is thick/foamy and leaves small, soft peaks, set aside.
- In a large bowl, beat 8 egg yolks until smooth, then add coconut flour, melted coconut oil and melted butter, salt, water, erythritol, maltitol/nectar, vanilla and coconut extracts and mix all with a spoon.
- Slowly add foamed egg whites (break up into 3-4 separate additions), and mix with spoon.
- Once all whites are mixed in, pour batter into greased up pan.
- Bake 40 minutes, or until fork comes out clean in the middle.
- Let cool completely and then cut into 12 servings, and serve.

Nutrition Facts

Serving Size: 1 piece (makes 12 servings)

Calories: 200

Fat: 13g (10g sat)

Carb: 10g (6.5g fiber)

Protein: 8g