



Keto Lemon Cake

Dry ingredients:

- 1 ½ cups almond meal
- 1/3 cup natural sweetener (stevia or erythritol)
- ½ tbsp baking powder
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- Rind of 1 lemon finely grated (optional)

Wet ingredients:

- 85g melted, unsalted butter (coconut oil as a DF alternative)
- ¼ cup sour cream (lactose-free sour cream as a DF alternative)
- ½ cup full cream milk (almond/coconut milk as a DF alternative)
- 2 tsp lemon essence
- 1 tsp vanilla extract
- 3 eggs, lightly whisked

1. Preheat oven to 175 degrees Celsius and line a loaf tin (I use 25 x 12cm) with baking paper
2. Combine all dry ingredients in a bowl
3. Whisk all wet ingredients in a separate bowl or large jug
4. Combine wet and dry ingredients thoroughly and pour into prepared loaf tin
5. Bake for 40-45 minutes and allow to cool completely in the cake tin before slicing

NOTE

Store cake in an air-tight container in the fridge. I like to cut slices of this loaf an inch thick, then microwave for approx. 20 seconds and serve with butter.

Feel free to get creative with this recipe. Substitute the lemon essence for other flavours – For example, banana essence will turn this into a Banana Loaf. Chocolate essence and a couple of tablespoons of cocoa powder will turn this into a chocolate loaf, and so on!