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PEANUT BUTTER CAKE

I will tell you something that may cause some of you to say, “Eww.” I love eating peanut butter off a spoon. Some nights when it’s too late to eat but I’m hungry, I eat peanut butter by itself as a little fat bomb. It makes my dog, Gracie, very happy since she gets to share it with me. This peanut butter cake is very peanut-buttery and such a good way to get my favorite flavor into my favorite baked good: cake.

ACTIVE TIME: 15 minutes

TOTAL TIME: 55 minutes

SERVINGS: 8

DIETARY CONSIDERATIONS: Vegetarian

4 tablespoons (½ stick) unsalted butter, plus softened butter for greasing the pan

¼ cup creamy no-sugar-added peanut butter

½ cup Swerve granulated sweetener

3 large eggs

¼ cup superfine coconut flour

2 teaspoons vanilla extract

1½ teaspoons baking powder

1½ teaspoons ground cinnamon, plus additional for dusting

1. Preheat the oven to 350°F. Butter a 7-inch Bundt pan; set aside.
2. In the bowl of a stand mixer fitted with the whisk attachment, combine the butter, peanut butter, and sweetener and whip and aerate the mixture until it is light and soft peaks form, 3 to 4 minutes.
3. Add the eggs, one at a time, beating after each addition before adding the next. Add the coconut flour, vanilla, baking powder, and cinnamon and whisk on low until well blended.
4. Pour the batter into the prepared pan. Bake for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
5. Cool the cake in the pan on a wire rack for 10 minutes. Remove from the pan and cool completely on the rack. Dust with cinnamon before serving.

PER SERVING

Calories: 155

Total Fat: 13g

Total Carbs: 16g

Net Carbs: 2g

Fiber: 2g

Sugar: 1g

Protein: 5g

MACROS

75% Fat

5% Carbs

13% Protein



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