

APPLE CARAMEL CAKE



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	12 gm raw egg	0.8 (-0.8 gm fat)
	----- 15.4 gm NOW Real Foods® almond flour	----- 2.9 (-4.35 gm fat)
Fat	5 gm mayonnaise	1
	----- 5 gm butter, melted	----- 1
	----- 4.3 gm canola oil	----- 2 (-3.7 gm fat)
	----- 13.6 gm butter (for topping)	----- 3 (-1.45 gm fat)
Carbohydrate	11.3 gm unsweetened applesauce	1.3
Other	2 tsp. Walden Farms caramel dip Dash of ground cinnamon	

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, melt the butter.
- Add in the mayonnaise and oil, then mix thoroughly until combined.
- Whisk in the eggs, apple sauce, vanilla extract and 1 tsp. caramel dip.
- Add in the almond flour and ground cinnamon. Mix together thoroughly.
- Grease a muffin pan with nonstick cooking spray.
- Pour the mixture into the muffin pan then place in the oven.
- Bake for 15-20 minutes until risen and golden brown.
- To make the dip, melt the butter (for topping) and mix the remaining 1 tsp. of caramel dip.
- Pour over the apple cake and serve warm.

VARIATIONS

- Other carbohydrates can be used such as pumpkin, apple slices, or peaches.
- Other keto-approved almond flours can be used for this recipe.
- Smart Balance® can be used in place of regular butter.