

# Gluten-Free Berry Snack Cake

This easy and delicious Berry Snack Cake is the perfect paleo and gluten-free treat for backpacking or on-the-go family adventures. Both kids and adults love this snack cake and no one will suspect that it's free of grains and refined sugar!

**Prep Time:** 15 minutes

**Cook Time:** 35 minutes

**Cooling Time:** 2 hours

**Total Time:** 2 hours 50 minutes

## Ingredients:

- Ghee or Avocado oil to grease sides of pan
- 1 cup finely ground almond flour
- $\frac{3}{4}$  cup cassava flour
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{3}{4}$  teaspoon Redmonds Real Salt
- $\frac{1}{2}$  teaspoon ground cardamom
- $\frac{1}{2}$  cup ghee, softened (or coconut oil, softened)
- 1 cup granulated allulose
- 2 large eggs
- $\frac{1}{3}$  cup full-fat coconut milk
- 2 teaspoons grated lime zest
- 1 teaspoon lime juice
- 1 teaspoon vanilla extract
- $1\frac{1}{2}$  cups mixed berries
- 1 tablespoon keto confectioners sugar (optional)

## Instructions:

1. Heat oven to 350°F with the rack in the middle. Lightly grease the sides and bottom of an 8-inch square metal baking pan with avocado oil or ghee. Make a sling out of parchment paper to line the bottom and hang over the sides.
2. In a medium bowl, whisk together flours, cinnamon, baking soda, salt, and cardamom. Set aside.
3. Plop the softened ghee and allulose in the bowl of a stand mixer (or in a large bowl if you are using a hand mixer). Use the paddle attachment to blend the mixture on medium-high speed for 3 to 5 minutes or until lighter in color and fluffy.
4. Scrape down the sides of the bowl and add the eggs, coconut milk, lime zest and juice, and vanilla. Beat the mixture on medium speed for 30 seconds or until combined.
5. Next, add half the flour mixture and beat on low speed until combined. Slowly add the rest of the flour and mix until incorporated. Scrape down the sides of the bowl and mix in any dry flour with a spatula.
6. Carefully fold the berries into the batter.
7. Transfer the batter to the parchment-lined baking pan and smooth the top.
8. Pop the pan in the oven and bake until the cake is golden brown and a toothpick inserted in the center comes out clean, about 30-35 minutes. Cover the cake lightly with foil during the last 10 minutes to prevent it from browning too much; the allulose allows for a nice light brown crust.
9. Cool the cake in the pan on a cooling rack. Cut the cake into nine squares and serve as is or top with keto confectioners sugar.

**Notes:**

- Store leftover cake in a sealed container or wrapped in plastic wrap in the fridge for up to 4 days or in the freezer for up to 4 months.

**Nutrition Facts per Serving:**

- Calories: 230 kcal

- Carbohydrates: 30 g
- Protein: 3 g
- Fat: 18 g
- Fiber: 3 g

**Net Carbs:** 11 grams (Total carbs 30 g - Fiber 3 g - Allulose 16 g = 11 g Net carbs)