- Prep Time: 15 Minutes
- Cook Time: 40–45 Minutes
- Resting Time: 10 Minutes
- Total Time: 70 Minutes
- Course: Dessert / Breakfast
- Cuisine: American / Comfort Food
- Servings: 8 Slices
- Calories: ~320 kcal per serving

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Table of Contents


- Ingredients
- Instructions
  - Phase 1: Preparation & Soaking
  - Phase 2: Baking
  - Phase 3: The Sauce (Optional but Recommended)
- Recipe Notes & Tips

- Nutrition Information

## Ingredients

For the Pudding:

- 6 cups Keto Bread: Cut into 1-inch cubes. *Note: You can use store-bought keto bread (like Sola or Aldi's L'Oven Fresh) or homemade almond flour bread. For the best texture, use bread that is slightly stale.*
- 4 Large Eggs: Room temperature is best for emulsification.
- 1 ½ cups Heavy Whipping Cream: This provides the necessary fat and richness. You can substitute with full-fat coconut milk for a dairy-free version, though the texture will be slightly lighter.
- ½ cup Unsweetened Almond Milk: To thin the custard slightly without adding carbs.
- ½ cup Granular Erythritol (or Allulose): *Note: If using Allulose, you may need to bake 5 minutes longer as it browns differently.*
- 1 tbsp Vanilla Extract: Use high-quality pure vanilla.
- 1 tsp Ground Cinnamon: Essential for that warm spice profile.
- ¼ tsp Ground Nutmeg: Freshly grated is best.

- ¼ tsp Salt: To balance the sweetness.
- ½ cup Pecans or Walnuts: Roughly chopped (optional, for crunch).

For the Optional Vanilla Sauce:

- ½ cup Heavy Cream
- 2 tbsp Butter
- 2 tbsp Powdered Erythritol
- ½ tsp Vanilla Extract

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## Instructions

## Phase 1: Preparation & Soaking

Time: 15 Minutes | Intensity: Low

1. Preheat the Oven: Preheat your oven to 350°F (175°C). Grease a 9×9-inch baking dish or a 2-quart casserole dish with butter or coconut oil to prevent sticking.

2. Prepare the Bread: Cut your keto bread into 1-inch cubes. If your bread is fresh and soft, toast the cubes on a baking sheet for 5–7 minutes before using. This step is crucial; toasting removes excess moisture and ensures the bread absorbs the custard without turning into mush.

3. Whisk the Custard: In a large mixing bowl, combine the eggs, heavy whipping cream, almond milk, erythritol, vanilla extract, cinnamon, nutmeg, and salt. Whisk vigorously until the mixture is smooth and the sweetener is fully dissolved. The mixture should be a uniform pale yellow.

4. Combine: Add the toasted bread cubes and chopped nuts (if using) to the custard mixture. Gently fold them together using a spatula. Let the mixture sit for 5–10 minutes. You want the bread to soak up the liquid, but you don't want it to disintegrate completely. It should look saturated but still hold its shape.

## Phase 2: Baking

Time: 40–45 Minutes | Intensity: Medium

5. Transfer to Dish: Pour the bread and custard mixture into your prepared baking dish. Press down gently with the back of a spoon to ensure all the bread is submerged. If there is any remaining liquid in the bowl, pour it over the top.

6. Bake: Place the dish in the center of the preheated oven. Bake for 40 to 45 minutes.

7. The "Jiggle" Test: Check for doneness around the 35-minute mark. The pudding is ready when the edges are golden brown and the center is set but still slightly jiggly (like a cheesecake). If the top is browning too quickly, tent it loosely with aluminum foil.

8. Cool: Remove from the oven and let it cool on a wire rack for at least 10 minutes. This allows the custard to set fully.

## Phase 3: The Sauce (Optional but Recommended)

Time: 5 Minutes | Intensity: Low

9. Simmer: While the pudding cools, prepare the sauce. In a small saucepan over medium-low heat, combine the heavy cream and butter. Heat until the butter melts and the mixture is warm, but do not boil.

10. Whisk: Remove from heat and whisk in the powdered erythritol and vanilla extract. Taste and adjust sweetness if needed. Drizzle this warm sauce over the pudding just before serving.

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## Recipe Notes & Tips

- Bread Choice: The quality of your keto bread defines the recipe. Avoid “light” breads that are mostly fiber; they tend to turn gummy. A dense almond flour or coconut flour bread works best. If you are using a store-bought loaf, ensure it is a sturdy variety.

- Sweetener: Erythritol has a cooling effect. If you are sensitive to it, try Allulose, which behaves more like sugar and creates a beautiful caramelization on the edges. If using liquid stevia, adjust quantities carefully (usually 1 tsp is enough).

- Texture: If you prefer a firmer pudding, bake it closer to 45–50 minutes. If you like it gooey, pull it out at 35 minutes.

- Add-ins: Feel free to swap the nuts for sugar-free chocolate chips (Lily’s brand is great) or fresh berries (raspberries or blackberries are lowest in sugar). If adding berries, toss them in a little almond flour first to prevent them from sinking.

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## Nutrition Information

*Disclaimer: Nutritional values are estimates and will vary based on specific ingredients used (especially the brand of keto bread).*

Serving Size: 1 slice (1/8th of recipe)
Calories: 320 kcal
Total Fat: 28g
Saturated Fat: 14g
Cholesterol: 145mg
Sodium: 210mg
Total Carbohydrates: 7g
Dietary Fiber: 3g
Total Sugars: 1g
Net Carbs: 4g
Protein: 9g