

- Prep Time: 15 minutes
 - Cook Time: 25-30 minutes
 - Cooling Time: 30 minutes
 - Total Time: Approximately 1 hour 15 minutes
 - Yield: 8 slices
 - Difficulty: Easy to Moderate
 - Cuisine: Keto / Low-Carb Dessert
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Ingredients

For the Cake

- 8 oz (225 g) full-fat cream cheese, softened to room temperature
- 6 large eggs, separated (whites and yolks divided)
- ½ cup (100 g) granulated erythritol or monk fruit sweetener (or a blend)
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract (optional, for depth of flavor)
- ¼ cup (30 g) coconut flour
- 1 teaspoon baking powder (keto-friendly, aluminum-free)
- ¼ teaspoon salt
- ¼ teaspoon cream of tartar (helps stabilize the egg whites)

- 2 tablespoons heavy whipping cream
- Zest of ½ lemon (optional, brightens the flavor)

For the Whipped Cream Topping (Optional)

- 1 cup (240 ml) heavy whipping cream
 - 2 tablespoons powdered erythritol
 - ½ teaspoon vanilla extract
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Equipment Needed

- Two large mixing bowls
- Electric hand mixer or stand mixer
- 8-inch (20 cm) round springform pan or cake pan
- Parchment paper

- Rubber spatula
 - Measuring cups and spoons
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Instructions

Step 1: Prepare the Oven and Pan (5 minutes)

Preheat your oven to 325°F (163°C). Line the bottom of an 8-inch springform pan with parchment paper. Grease the sides lightly with butter or coconut oil. Do not grease the parchment itself, as the batter needs to cling slightly to rise properly.

Step 2: Beat the Cream Cheese and Yolks (5 minutes)

In a large mixing bowl, beat the softened cream cheese until smooth and lump-free. Add the egg yolks one at a time, beating well after each addition. Mix in the vanilla extract, almond extract, heavy whipping cream, and lemon zest. Once combined, sift in the coconut flour, baking powder, and salt. Stir until the batter is smooth and slightly thickened. Set aside.

Step 3: Whip the Egg Whites (5-7 minutes)

In a separate, clean, dry bowl, add the egg whites and cream of tartar. Using your electric mixer on medium speed, beat until soft peaks form. Gradually add the granulated sweetener, one tablespoon at a time, while continuing to beat. Increase the speed to high and whip until stiff, glossy peaks form. The whites should hold their shape firmly when the beaters are lifted.

Step 4: Fold Gently (3-4 minutes)

This is the most critical step. Using a rubber spatula, gently fold one-third of the whipped egg

whites into the cream cheese mixture to lighten it. Then, carefully fold in the remaining egg whites in two additions. Use a slow, sweeping motion, cutting down through the center and folding over. Do not stir or whisk vigorously—you want to preserve as much air as possible.

Step 5: Bake (25-30 minutes)

Pour the batter into the prepared pan and smooth the top gently with your spatula. Bake in the preheated oven for 25-30 minutes, or until the cake is puffed, golden on top, and a toothpick inserted into the center comes out clean. Avoid opening the oven door during the first 20 minutes of baking, as this can cause the cake to deflate.

Step 6: Cool Slowly (30 minutes)

Turn off the oven and crack the door open slightly. Allow the cake to cool inside the oven for 10 minutes. Then remove it and let it cool completely on a wire rack. The cake will deflate slightly as it cools—this is completely normal and part of its cloud-like charm.

Step 7: Add Topping and Serve (5 minutes)

If desired, whip the heavy cream with powdered erythritol and vanilla until soft peaks form. Dollop generously over the cooled cake. Slice into 8 equal portions and serve.

Timing and Intensity Guide

Phase	Duration	Intensity Level
Prep & Measuring	5 min	Low
Mixing Batter	5 min	Low
Whipping Egg Whites	5-7 min	Medium
Folding	3-4 min	Medium (gentle but focused)
Baking	25-30 min	Passive
Cooling	30 min	Passive

Phase	Duration	Intensity Level
Topping & Serving	5 min	Low