Prep Time: 20 minutes | Cook Time: 30–35 minutes | Cooling Time: 1 hour | Total Time: ~1 hour 55 minutes
Yield: 12 slices | Difficulty: Easy–Intermediate

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Ingredients

For the Cake:

- 2 cups (200 g) blanched almond flour, finely ground
- ½ cup (40 g) Dutch-process cocoa powder, plus extra for dusting
- ½ cup (50 g) coconut flour
- 1½ tsp baking soda
- ½ tsp fine sea salt

- ½ cup (100 g) granulated erythritol–monk fruit blend (1:1 sweetness)
- 4 large eggs, room temperature
- ½ cup (120 ml) unsweetened almond milk, room temperature
- ¼ cup (60 ml) strong brewed hot coffee (or hot water)
- ½ cup (120 ml) melted coconut oil, or neutral-flavored oil
- 2 tsp vanilla extract
- 1 tsp apple cider vinegar

For the Optional Keto Chocolate Ganache:

- 4 oz (115 g) sugar-free dark chocolate (85%+ cacao), finely chopped
- ⅓ cup (80 ml) heavy whipping cream
- 1 tbsp powdered erythritol (optional, to taste)
- Pinch of salt

Instructions

Step 1 — Prep (5 minutes, low intensity)
Preheat oven to 350°F (175°C). Grease two 8-inch round cake pans (or one 9-inch pan for a single-layer cake) and line the bottoms with parchment. Lightly dust with cocoa powder.

Step 2 — Combine dry ingredients (3 minutes, low intensity)
In a medium bowl, whisk together almond flour, cocoa, coconut flour, baking soda, and salt until uniform and lump-free. Set aside.

Step 3 — Bloom the cocoa (2 minutes, low intensity)
In a small bowl, whisk the hot coffee into 2 tablespoons of the cocoa powder mixture (or simply stir the coffee into the wet ingredients in Step 4). This “blooms” the cocoa, deepening the chocolate flavor.

Step 4 — Mix wet ingredients (5 minutes, medium intensity)
In a large bowl, beat eggs and erythritol blend with an electric mixer on medium speed for 2–3 minutes until pale and slightly thickened. Add almond milk, coffee mixture, melted coconut oil, vanilla, and vinegar. Mix on low until combined.

Step 5 — Fold in dry ingredients (2–3 minutes, low intensity)
Add the dry mixture to the wet in three additions, folding gently with a spatula or mixing on low just until no dry streaks remain. Do not overmix—almond flour cakes tighten quickly.

Step 6 — Bake (30–35 minutes, oven at 350°F)
Divide batter evenly between pans. Bake 28–32 minutes for two 8-inch layers, or 32–38 minutes for a single 9-inch pan, until the center springs back and a toothpick inserted comes out with a few moist crumbs. Rotate pans halfway through for even baking.

Step 7 — Cool (1 hour, passive)
Cool in pans 10 minutes, then turn out onto a wire rack to cool completely before frosting.

Step 8 — Make ganache (10 minutes active + 30 minutes setting)
Heat cream until steaming (not boiling). Pour over chopped chocolate, let sit 5 minutes, then stir until glossy. Stir in powdered erythritol and salt. Cool 20–30 minutes until spreadable.

Step 9 — Frost and serve (5 minutes, low intensity)
Place one cake layer on a plate, spread a thin layer of ganache, top with the second layer, and spread remaining ganache over the top and sides. Dust with cocoa if desired. Slice and serve.

Tips & Notes

- Room-temperature dairy and eggs emulsify better and prevent a grainy crumb.
- Don’t skip the coffee—it doesn’t taste like coffee in the finished cake; it intensifies the chocolate.
- Coconut flour is not optional-swappable. It absorbs significant liquid; replacing it with more almond flour will make the batter too wet. If you must omit it, reduce almond milk by 2 tablespoons and add 1 extra tablespoon cocoa.
- Erythritol cools on the tongue. Monk fruit blends mask this best. Powdered versions dissolve more smoothly in ganache.
- Storage: Airtight at room temperature for 2 days, refrigerated for up to 5 days. Freeze slices up to 2 months.
- Sweetener note: If using a different keto sweetener, match sweetness to ~½ cup sugar

equivalent, as blends vary widely.

Nutrition (per slice, 1 of 12, without ganache)

Nutrient	Amount
Calories	~215 kcal
Total Fat	~18 g
Saturated Fat	~7 g
Total Carbohydrates	~6 g
Fiber	~3 g
Net Carbs	~3 g
Protein	~6 g
Sugar	<1 g
Sodium	~210 mg