Prep Time	20 minutes
Cook Time	30–35 minutes
Cooling & Glazing	30 minutes
Total Time	~1 hour 25 minutes
Skill Level	Moderate (Intensity: Moderate)
Servings	12 slices (9-inch / 23-cm round or 9×9-inch square pan)
Cuisine	Southern-Inspired / Keto
Method	Baking + stovetop glaze

Intensity Key: *Low* = simple measuring and stirring; *Moderate* = attention needed at the stove or oven; *High* = rapid, precision, or safety-critical work. This recipe is Low for the cake batter and Moderate for the praline glaze — sugar-free caramel can crystallize or seize in seconds, so the stovetop stage needs your full attention.

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Ingredients

For the Cake

- 2 cups (200 g) almond flour, finely ground and blanched
- ¼ cup (30 g) coconut flour
- 1½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ cup (115 g) unsalted butter, browned and cooled slightly (see Step 2)

- ¾ cup (150 g) granulated erythritol (or monk fruit–erythritol blend)
- 3 large eggs, room temperature
- ½ cup (120 ml) unsweetened almond milk, room temperature
- 1½ tsp vanilla extract
- 1 tsp maple extract (optional, for a praline-like depth)
- 1 cup (120 g) chopped pecans, toasted, divided

For the Gooey Praline Glaze

- ¼ cup (57 g) unsalted butter
- ⅓ cup (65 g) brown sugar substitute (Swerve Brown or a monk fruit–allulose brown blend)
- 3 tbsp heavy cream
- ¼ tsp salt
- ½ tsp vanilla extract

- ½ cup (60 g) chopped toasted pecans, for topping
- Pinch of flaky sea salt (optional)

Equipment

- 9-inch round or 9×9-inch square baking pan
- Parchment paper
- Small saucepan (for browning butter and making glaze)
- Whisk and rubber spatula
- Stand mixer or hand mixer with a large bowl
- Wire cooling rack
- Instant-read thermometer (recommended for the glaze)
- Toothpick or cake tester

Instructions

Step 1: Preheat and Prep — *Time: 5 minutes | Intensity: Low*

Preheat your oven to 350°F (175°C). Grease your pan generously with butter, then line the bottom with parchment paper, leaving an overhang on two sides for easy lifting.

Step 2: Brown the Butter — *Time: 5 minutes | Intensity: Moderate*

In a small saucepan over medium heat, melt the ½ cup of butter. Once melted, swirl the pan continuously for 3–4 minutes until the butter foams, smells nutty, and the milk solids turn golden brown at the bottom. Watch closely — brown butter goes from nutty to burnt in under a minute. Pour into a heatproof bowl (scraping in the browned bits) and let cool for 10 minutes.

Intensity note: This is the first attention-demanding step. Keep swirling and keep your eyes on the pan.

Step 3: Toast the Pecans — *Time: 4 minutes | Intensity: Moderate*

In a dry skillet over medium heat, toast the chopped pecans for 3–4 minutes, stirring frequently, until fragrant. Reserve ½ cup for the glaze topping and set the rest aside for the batter.

Step 4: Whisk the Dry Ingredients — *Time: 3 minutes | Intensity: Low*

In a medium bowl, whisk together the almond flour, coconut flour, baking powder, baking soda, salt, cinnamon, and nutmeg until evenly combined. Break up any almond flour lumps with your fingers.

Step 5: Beat the Butter and Sweetener — *Time: 3 minutes* | *Intensity: Low*

In a large bowl, beat the cooled browned butter with the erythritol on medium speed for about 2 minutes. Erythritol won't cream like sugar — expect a slightly grainy, thickened mixture rather than a fluffy one. That's normal.

Step 6: Add the Eggs and Extracts — *Time: 2 minutes* | *Intensity: Low*

Beat in the eggs one at a time, mixing well after each. Stir in the vanilla and maple extracts. The mixture should look glossy and slightly thickened.

Step 7: Combine Wet and Dry — *Time: 3 minutes* | *Intensity: Low*

Add the dry ingredients to the wet in two additions, alternating with the almond milk: dry → milk → dry. Fold with a spatula until just combined — stop as soon as no dry streaks remain. Keto batters are dense; overmixing makes them denser still.

Step 8: Fold in the Pecans and Bake — *Time: 30–35 minutes* | *Intensity: Moderate*

Fold in ½ cup of the toasted pecans. Scrape the batter into the prepared pan and smooth the top. Bake on the center rack for 30–35 minutes, until the edges are golden and a toothpick in the center comes out with moist crumbs. Check at 28 minutes — almond flour browns quickly, and this cake should stay gooey. Tent with foil if the top darkens too fast.

Intensity note: The oven stage needs watching. Pull it while the center still looks slightly soft — it firms as it cools.

Step 9: Cool the Cake — *Time: 20 minutes | Intensity: Low*

Let the cake cool in the pan for 15–20 minutes. Don’t glaze a hot cake — the glaze will slide off and pool. Leave it in the pan for now; the glaze goes on warm, not cold.

Step 10: Make the Gooey Praline Glaze — *Time: 6 minutes | Intensity: Moderate–High*

In a small saucepan over medium-low heat, melt the ¼ cup butter with the brown sugar substitute, heavy cream, and salt. Bring to a gentle simmer, stirring constantly, and cook for 2–3 minutes until slightly thickened — about 215°F (102°C) on an instant-read thermometer. Do not boil hard or stir too aggressively — sugar-free caramel can crystallize or seize. Remove from heat and stir in the vanilla.

Intensity note: This is the most demanding stage in the recipe. Stay at the stove, stir steadily, and pull it off the heat the moment it thickens.

Step 11: Glaze and Top — *Time: 3 minutes | Intensity: Low*

Poke 12–15 small holes across the warm cake with a skewer — this lets the gooey glaze seep in. Pour the warm glaze evenly over the cake, then scatter the reserved ½ cup toasted pecans over the top. Finish with a pinch of flaky sea salt if using. Let the glaze set for 10 minutes before slicing.

Step 12: Slice and Serve — *Time: 2 minutes | Intensity: Low*

Lift the cake out using the parchment overhang and cut into 12 squares or wedges. Serve warm for maximum goo, or at room temperature. A spoonful of lightly sweetened whipped cream is a fine addition.

Tips for Success

- Weigh your almond flour. Cup measurements of almond flour can vary wildly — a scale keeps the cake from being dry or greasy.
- Brown the butter, don’t burn it. Pull it the moment the solids turn amber and smell like toasted hazelnuts.
- Don’t overbake. Gooey is the goal. The toothpick should show moist crumbs, not dry ones.
- Glaze a warm cake, not a hot one. Warm cake absorbs the glaze; hot cake rejects it.
- Watch the caramel. Sugar-free sweeteners behave differently from sugar — low and slow, constant stirring, and a thermometer are your friends. If it seizes, whisk in 1 tablespoon of hot cream off the heat until smooth.
- Storage: Cover and refrigerate for up to 5 days. Rewarm slices for 15 seconds in the microwave to restore the goo.
- Freezing: Wrap slices individually and freeze for up to 3 months; thaw overnight in the fridge.

Nutrition (per slice, based on 12 slices)

Estimates calculated with the glaze and topping included. Values vary by brand, sweetener blend, and portion size.

Nutrient	Amount per Slice
Calories	~295 kcal
Total Fat	~27 g
Saturated Fat	~9 g
Carbohydrates	~8 g
Fiber	~3.5 g
Net Carbs	~4.5 g
Sugars	~1.5 g
Protein	~6 g
Sodium	~180 mg
Cholesterol	~75 mg