

Keto Banana Pudding

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Servings: 2

Pudding

Ingredients:

- 6 tablespoon of heavy whipping cream
- 1/4 cup unsweetened almond milk
- 2 large egg yolks
- 3 tablespoon of powdered Sweetener
- Pinch salt
- 1 tablespoon of butter
- 1/2 teaspoon of banana extract
- 1 teaspoon vanilla extract
- 1/8 teaspoon xanthan gum

Vanilla Cookies

INGREDIENTS:

- 1 cup of Almond Flour
- 1/4 cup Powdered sweetener
- 1 teaspoon of Baking Powder
- 1 pinch Sea Salt
- 1 tablespoon of Vanilla Extract
- 3 tablespoon of Unsalted Butter chopped into small pieces, softened room temp

Whipped Cream

INGREDIENTS:

- 1/2 cups Heavy cream
- 2 tbsp powdered sweetener
- 1 tsp Vanilla flavor

Directions:

1. In a large bowl, whisk together the Almond Flour, Baking Powder, Sweetener, and Salt.
2. Pour in the Vanilla Extract and stir.
3. Add the chopped butter into the flour mixture until a dough forms.
4. Wrap in plastic wrap and refrigerate for 30 min.
5. Roll into balls and flatten into discs.
6. Bake at 350 for 8 to 9 minutes
7. In a medium saucepan over medium heat, combine the whipping cream and almond milk. Bring to just a simmer. In a medium bowl, whisk the egg yolks with the sweetener and salt until well combined.

8. Slowly whisk about half of the hot cream mixture into the yolks, whisking continuously. Then slowly whisk the yolk/cream mixture back into the saucepan and cook until thickened, 4 to 5 more minutes, whisking continuously.
9. Remove from heat and whisk in the butter and the extracts. Sprinkle the surface with xanthan gum or glucomannan and whisk vigorously to combine.
10. Divide between two small dessert cups and refrigerate for 1 hour.

Nutrition:

Nutrition per serving:

- 3g Net Carbs
- 3g Fiber
- 6g Total Carbs
- 9g Protein
- 35g Fat
- 377 Calories