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Description

Keto Banana-Nut Cake with Sugar-Free Buttercream is a delicious low-carb dessert inspired by the comforting flavor of classic banana bread. Made with almond flour, chopped nuts, warm cinnamon, and banana extract, this cake offers a tender crumb and a delightful nutty crunch without relying on traditional wheat flour or added sugar.

A smooth sugar-free buttercream adds a creamy, lightly sweet finish that makes each slice feel special. Since real bananas contain natural carbohydrates, this keto-inspired version uses banana extract to create familiar banana flavor while keeping carbohydrates lower. It is perfect for birthdays, afternoon treats, family gatherings, or anyone looking for a sugar-free dessert option.

Can This Keto Banana-Nut Cake Support Weight Loss Goals?

This cake can fit into a portion-conscious eating routine, particularly when made with low-carb ingredients and a sugar-free sweetener. Almond flour and nuts provide fats, some protein, and fiber, while the absence of traditional added sugar may help reduce the carbohydrate content compared with conventional cake.

However, almond flour, butter, and nuts are calorie-dense, so a keto-friendly label does not automatically make a dessert low in calories. Enjoy a reasonable serving alongside an overall balanced eating pattern, and consider the nutrition information for the specific ingredients you use.

Does This Recipe Fit a High-Protein Lifestyle?

This keto banana-nut cake provides some protein from almond flour, eggs, and nuts. However, its main nutritional contribution comes from fats, with a smaller amount of protein per serving, so it is not necessarily a high-protein dessert.

The recipe is designed to be lower in carbohydrates by using almond flour and sugar-free sweetener rather than wheat flour and conventional sugar. Banana extract provides banana flavor without the carbohydrates contributed by mashed banana. Actual net carbs depend on the sweetener, frosting, and serving size.

My Personal Experience

- Classic banana-inspired flavor: Banana extract gives the cake a familiar fruity aroma without requiring a full banana. Cinnamon and vanilla add warmth and depth to the flavor.
- Moist and tender texture: Almond flour creates a soft cake with a slightly denser crumb than conventional wheat-flour cake. Eggs and butter help keep each slice rich and tender.
- Nutty crunch in every bite: Chopped walnuts or pecans provide texture and a delicious contrast to the smooth buttercream. Lightly toasting the nuts beforehand can make their flavor even more pronounced.
- Creamy sugar-free frosting: The buttercream adds sweetness and a smooth finish without conventional powdered sugar. It makes the cake feel suitable for birthdays and special occasions.

- Easy to customize: You can adjust the nuts, spices, and extracts to create your preferred flavor. A little extra cinnamon or a touch of maple-flavored extract can complement the banana aroma.

Perfect For

- Keto dessert recipes
- Low-carb cake ideas
- Sugar-free baking
- Almond flour desserts
- Banana-flavored treats
- Low-carb birthday cakes
- Afternoon coffee or tea
- Homemade sugar-free sweets
- Nut-based baking recipes
- Keto-inspired meal plans

Why You'll Love This Recipe

- Low-carb cake base: Almond flour replaces conventional wheat flour, helping reduce the carbohydrate content.
- No added sugar in the frosting: A suitable powdered sugar substitute creates a sweet buttercream without regular powdered sugar.
- Rich nutty flavor: Chopped walnuts or pecans add a satisfying crunch and complement the banana-inspired flavor.
- Soft, buttery texture: Eggs and butter help produce a tender cake with a rich mouthfeel.
- Easy to make ahead: Bake the cake in advance, cool it completely, and frost it when ready to serve.
- Customizable sweetness: Adjust the sugar-free sweetener according to your taste and the sweetness of your chosen brand.

Common Mistakes to Avoid

1. Using regular flour instead of almond flour: Almond flour behaves differently from wheat flour, so substituting one directly for the other can produce an unsuccessful cake.
2. Adding real banana without adjusting the recipe: Mashed banana contributes moisture and natural carbohydrates, which can significantly change the texture and net carbs.
3. Overbaking the cake: Almond flour cakes can become dry if baked for too long. Begin

checking for doneness near the end of the recommended baking time.

4. Frosting the cake while warm: Warm cake melts buttercream and may cause it to slide off. Allow the cake to cool completely before decorating.
5. Using gritty sweetener: Some sugar substitutes do not dissolve well in frosting. Choose a powdered sweetener intended for baking and buttercream.
6. Adding too much banana extract: Banana extract can taste artificial or overpowering when used excessively. Start with the measured amount and adjust carefully next time.

Required Equipment

- Mixing bowls: Keep the wet and dry ingredients organized for easier preparation.
- Electric hand mixer or stand mixer: Helps create a smooth batter and fluffy buttercream.
- Measuring cups and spoons or kitchen scale: Improve consistency when measuring almond flour and sweetener.
- Rubber spatula: Helps fold the ingredients together without excessive mixing.
- Round cake pan: Shapes the cake and helps it bake evenly.
- Parchment paper: Helps release the cake from the pan without breaking it.
- Cooling rack: Allows air to circulate so the cake cools evenly.
- Offset spatula: Makes spreading the buttercream smooth and simple.

Storage Instructions

- Refrigerator: Store the frosted cake in an airtight container for up to 4-5 days.
- Room temperature: Because buttercream and the cake contain perishable ingredients, refrigerate the finished cake rather than leaving it out for extended periods.
- Freezer: Freeze unfrosted cake layers, tightly wrapped, for up to 2-3 months for best quality.
- Freezing frosted slices: Freeze individual slices until firm, then wrap and place them in a freezer-safe container.
- Thawing: Thaw frozen cake in the refrigerator, preferably overnight.
- Serving: Let refrigerated slices sit out briefly before serving so the buttercream softens slightly.

Recipe Details

- Prep time: 20 minutes
- Cook time: 25-35 minutes
- Cooling time: 45-60 minutes

- Frosting time: 10-15 minutes
- Total time: Approximately 1 hour 40 minutes to 2 hours
- Yield: 10 slices
- Difficulty: Easy to moderate
- Cuisine: American-inspired
- Dietary style: Keto-inspired, low-carb, and sugar-free when suitable ingredients are used

Short Description

A moist almond flour cake flavored with banana extract, cinnamon, and chopped nuts, finished with creamy sugar-free vanilla buttercream. This keto-inspired dessert offers classic banana-nut flavor without traditional wheat flour or added sugar.

Ingredients

For the Keto Banana-Nut Cake

- 2 cups (200 g) finely ground blanched almond flour
- ¼ cup (28 g) coconut flour
- ¾ cup (150 g) granulated keto-friendly sweetener
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 4 large eggs, at room temperature
- ½ cup (113 g) unsalted butter, melted and slightly cooled
- ½ cup (120 ml) unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon banana extract, or to taste
- ½ cup (55-60 g) chopped walnuts or pecans

For the Sugar-Free Buttercream

- ½ cup (113 g) unsalted butter, softened
- 1 cup (100-120 g) powdered keto-friendly sweetener
- 1-2 tablespoons unsweetened almond milk or heavy cream
- 1 teaspoon vanilla extract
- A small pinch of salt, optional

Step-by-Step Instructions

1. Preheat the oven: Heat the oven to 350°F (175°C). Grease an 8-inch round cake pan and line the base with parchment paper.
2. Combine the dry ingredients: In a large bowl, whisk together the almond flour, coconut flour, sweetener, baking powder, cinnamon, and salt. Break up any lumps in the flours.
3. Mix the wet ingredients: In a separate bowl, whisk the eggs, melted butter, almond milk, vanilla extract, and banana extract until combined.
4. Prepare the batter: Pour the wet mixture into the dry ingredients. Stir with a spatula until a thick, even batter forms. Fold in the chopped nuts.
5. Fill the pan: Transfer the batter to the prepared cake pan and smooth the surface.
6. Bake the cake: Bake for approximately 25–35 minutes, or until the center is set and a toothpick inserted into the middle comes out clean or with a few moist crumbs.
7. Cool completely: Leave the cake in the pan for about 10–15 minutes before turning it onto a cooling rack. Allow it to cool completely before frosting.
8. Prepare the buttercream: Beat the softened butter until creamy and pale. Gradually add the powdered sweetener, mixing on low speed at first to prevent a cloud of powder.
9. Add flavor and moisture: Mix in the vanilla extract and salt, if using. Add almond milk or cream a little at a time until the frosting reaches a smooth, spreadable consistency.
10. Frost the cake: Spread the buttercream evenly over the cooled cake using an offset spatula.
11. Garnish and serve: Sprinkle a few chopped nuts over the top if desired. Slice into 10 portions and serve.

Approximate Nutrition Information

Estimated per slice, assuming the cake is divided into 10 servings and prepared with the listed ingredients.

Nutrient	Approximate amount
Calories	330–390
Total fat	30–35 g
Saturated fat	10–13 g
Cholesterol	95–120 mg
Sodium	180–280 mg

Potassium	150-230 mg
Total carbohydrates	8-12 g
Fiber	3-5 g
Net carbohydrates	4-7 g
Sugars	1-3 g
Protein	8-10 g
Calcium	100-160 mg

These are estimates, not laboratory results. Net carbs are calculated as total carbohydrates minus fiber and may also be affected by sugar alcohols, depending on how a nutrition label reports them. Actual values vary by brand and sweetener.

Helpful Notes

- Use finely ground blanched almond flour rather than coarse almond meal for a more delicate crumb.
- Measure coconut flour carefully because it absorbs substantially more moisture than almond flour.
- Bring the eggs to room temperature to help the batter combine evenly.
- Choose a powdered sweetener for the frosting to help prevent a gritty texture.
- Banana extract brands vary in strength, so check the label and avoid adding too much.
- If you prefer a stronger spice flavor, add a small pinch of nutmeg along with the cinnamon.
- For a more pronounced nutty taste, lightly toast the walnuts or pecans and let them cool before folding them into the batter.
- Sugar-free products are not always carbohydrate-free. Check labels carefully if you are following a strict ketogenic diet.
- Allow the cake to cool completely before frosting so the buttercream remains stable.

Frequently Asked Questions

1. Can I use a real banana in this keto cake?

You can, but real bananas add natural sugar and carbohydrates and introduce extra moisture. The cake may no longer fit your intended keto carbohydrate target, and the batter

may need adjustments. Banana extract gives banana flavor with much less carbohydrate.

2. Which sweetener works best for keto banana-nut cake?

A granulated erythritol-based blend or another baking sweetener designed to replace sugar can work. For the buttercream, a finely powdered version generally gives the smoothest result. Sweetness and texture vary between brands.

3. Can I make this cake without coconut flour?

Coconut flour absorbs a lot of moisture, so removing it without changing the other ingredients can make the batter too wet. Use a tested almond-flour-only cake recipe if you want to omit it.

4. Why is my almond flour cake crumbly?

It may have been overbaked, sliced before cooling, or made with a flour that was too coarse. Let the cake cool completely and measure the flour accurately.

5. Is sugar-free buttercream suitable for keto?

It can be, depending on the sweetener and other ingredients. Choose a frosting sweetener with a carbohydrate profile that fits your needs and check the nutrition label.

6. Can I make this cake ahead of time?

Yes. Bake the cake a day ahead, let it cool completely, and refrigerate it covered. Prepare and spread the buttercream before serving or frost it in advance and keep the finished cake refrigerated.

7. Can I freeze keto banana-nut cake?

Yes. Wrap the unfrosted cake tightly and freeze it for up to 2-3 months for best quality. Thaw it in the refrigerator before frosting. Individual frosted slices can also be frozen in airtight packaging.

8. How can I make this recipe more protein-rich?

Serve a slice with plain Greek yogurt or choose a suitable higher-protein accompaniment. Adding protein powder directly to the cake may alter its moisture and texture, so it is best to use a tested modified recipe rather than adding a large amount without adjusting the other ingredients.