Instant Pot Keto Carrot Cake

Active Time: 10 minutes | **Total Time:** 1 hour | **Serves:** 8

Nutrition Information Per Serving

266.2 calories, 23.29 g carbohydrate, 3.27 g fiber, 4.01 g NET carbs, 6.49 g protein, 25.12 g fat

Ingredients

- 1 cup almond flour
- 10 2/3 Tbsp(s) Lakanto Original
- 3 large(s) eggs
- 1 tsp baking powder
- 1 1/2 Tbsp(s) cinnamon
- 1/2 tsp(s) nutmeg
- 1/4 cup(s) coconut oil, melted
- 1/2 cup(s) heavy whipping cream
- 1 cup, chopped carrots, shredded
- 1/2 cup(s) walnuts, chopped

Preparation

1. Grease a 6-inch cake pan. In the inner liner of your Instant Pot, add one cup of water and the trivet.
2. In a medium bowl, add the eggs, cream, melted coconut and sweetener. Blend with a hand mixer together. Add the almond flour, baking powder, cinnamon, nutmeg. Blend again. Then fold in the carrots and the chopped nuts.
3. Pour batter into the greased pan and cover the pan with a silicone lid or foil. Close and lock the lid. Set the valve to sealing
4. Set the pressure to HIGH and the time for 40 minutes (or use the CAKE button and allow it to cook for 40 minutes).
5. Allow the pressure to release naturally for 10 minutes. Release remaining pressure.
6. Let it cool. Frost with Keto Cream Cheese Frosting or serve plain.

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