

# **20 Gluten-Free & Sugar-Free Cake Recipes**

Healthy, delicious cakes made without refined sugar or gluten.

## Almond Flour Vanilla Cake

### Ingredients:

- 1 2 cups almond flour
- 2 1 tsp baking powder
- 3 3 eggs
- 4 1/3 cup melted coconut oil
- 5 1/3 cup erythritol or monk fruit sweetener
- 6 1 tsp vanilla extract

### Instructions:

- 1 Preheat oven to 175°C (350°F).
- 2 Mix dry ingredients.
- 3 Whisk eggs, oil, sweetener, and vanilla.
- 4 Combine wet and dry mixtures.
- 5 Pour into greased pan and bake 25–30 minutes.

## Chocolate Avocado Cake

### Ingredients:

- 1 1 cup mashed ripe avocado
- 2 1/2 cup cocoa powder
- 3 1 cup almond flour
- 4 3 eggs
- 5 1/2 cup monk fruit sweetener
- 6 1 tsp baking soda

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Blend avocado until smooth.
- 3 Mix all ingredients well.
- 4 Pour into lined pan.
- 5 Bake 30–35 minutes.

## Coconut Flour Lemon Cake

### Ingredients:

- 1 3/4 cup coconut flour
- 2 6 eggs
- 3 1/2 cup melted butter or coconut oil
- 4 1/2 cup erythritol
- 5 Juice and zest of 1 lemon
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix wet ingredients.
- 3 Add coconut flour and baking powder.
- 4 Pour into pan.
- 5 Bake 25 minutes.

## Flourless Peanut Butter Cake

### Ingredients:

- 1 1 cup natural peanut butter
- 2 3 eggs
- 3 1/2 cup monk fruit sweetener
- 4 1 tsp baking soda
- 5 1 tsp vanilla

### Instructions:

- 1 Preheat oven to 180°C.
- 2 Mix all ingredients until smooth.
- 3 Pour into pan.
- 4 Bake 20–25 minutes.

## Almond Chocolate Mug Cake

### Ingredients:

- 1 3 tbsp almond flour
- 2 1 tbsp cocoa powder
- 3 1 egg
- 4 1 tbsp coconut oil
- 5 1 tbsp erythritol

### Instructions:

- 1 Mix ingredients in microwave-safe mug.
- 2 Microwave 60–90 seconds.
- 3 Cool slightly and serve.

## Carrot Almond Cake

### Ingredients:

- 1 2 cups almond flour
- 2 1 cup grated carrot
- 3 3 eggs
- 4 1/3 cup monk fruit sweetener
- 5 1 tsp cinnamon
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix all ingredients.
- 3 Pour into pan.
- 4 Bake 30 minutes.

## **Banana Oat (GF) Cake**

### **Ingredients:**

- 1 2 ripe mashed bananas
- 2 1 cup certified gluten-free oat flour
- 3 2 eggs
- 4 1/4 cup erythritol
- 5 1 tsp baking powder

### **Instructions:**

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Pour into pan.
- 4 Bake 25–30 minutes.

## Pumpkin Spice Cake

### Ingredients:

- 1 1 cup pumpkin puree
- 2 1.5 cups almond flour
- 3 3 eggs
- 4 1/2 cup monk fruit sweetener
- 5 1 tsp pumpkin spice
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30–35 minutes.

## Zucchini Chocolate Cake

### Ingredients:

- 1 1 cup grated zucchini
- 2 1 cup almond flour
- 3 1/4 cup cocoa powder
- 4 3 eggs
- 5 1/2 cup erythritol
- 6 1 tsp baking soda

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Strawberry Almond Cake

### Ingredients:

- 1 1 cup almond flour
- 2 1/2 cup pureed strawberries
- 3 3 eggs
- 4 1/3 cup monk fruit sweetener
- 5 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 25–30 minutes.

## Orange Almond Cake

### Ingredients:

- 1 2 cups almond flour
- 2 4 eggs
- 3 1/2 cup fresh orange juice
- 4 1/2 cup erythritol
- 5 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Mocha Almond Cake

### Ingredients:

- 1 1.5 cups almond flour
- 2 1 tbsp instant coffee
- 3 1/4 cup cocoa powder
- 4 3 eggs
- 5 1/2 cup monk fruit sweetener
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Blueberry Coconut Cake

### Ingredients:

- 1 1 cup coconut flour
- 2 5 eggs
- 3 1/2 cup blueberries
- 4 1/2 cup erythritol
- 5 1/2 cup coconut oil
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Apple Cinnamon Almond Cake

### Ingredients:

- 1 2 cups almond flour
- 2 1 cup grated apple
- 3 3 eggs
- 4 1/2 cup monk fruit sweetener
- 5 1 tsp cinnamon
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30–35 minutes.

## Chocolate Coconut Cake

### Ingredients:

- 1 1 cup coconut flour
- 2 1/4 cup cocoa powder
- 3 6 eggs
- 4 1/2 cup erythritol
- 5 1/2 cup coconut oil
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Vanilla Yogurt Almond Cake

### Ingredients:

- 1 2 cups almond flour
- 2 3 eggs
- 3 1/2 cup unsweetened yogurt
- 4 1/2 cup monk fruit sweetener
- 5 1 tsp vanilla
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Lemon Poppy Seed Cake

### Ingredients:

- 1 2 cups almond flour
- 2 3 eggs
- 3 1/2 cup erythritol
- 4 Juice of 1 lemon
- 5 1 tbsp poppy seeds
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 25–30 minutes.

## Ragi Chocolate Cake (GF)

### Ingredients:

- 1 1 cup ragi flour
- 2 1/2 cup almond flour
- 3 1/4 cup cocoa powder
- 4 3 eggs
- 5 1/2 cup monk fruit sweetener
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 30 minutes.

## Cashew Vanilla Cake

### Ingredients:

- 1 1.5 cups cashew flour
- 2 3 eggs
- 3 1/2 cup erythritol
- 4 1/3 cup coconut oil
- 5 1 tsp vanilla
- 6 1 tsp baking powder

### Instructions:

- 1 Preheat oven to 175°C.
- 2 Mix ingredients.
- 3 Bake 25–30 minutes.

## No-Bake Chocolate Almond Cake

### Ingredients:

- 1 1.5 cups almond meal
- 2 2 tbsp cocoa powder
- 3 1/3 cup melted coconut oil
- 4 1/4 cup powdered erythritol

### Instructions:

- 1 Mix all ingredients.
- 2 Press into lined pan.
- 3 Refrigerate 2 hours before slicing.