



Ginger Keto Loaf

If you like ginger, you'll love this - would be perfect with whipped cream for dessert or greek yoghurt. Serves 12. Per serve: Cal: 164; Fat: 15.5g; Pro: 4.6g; Carbs: 1.5g

Serves: 12, Prep time: -, Cook time: -

Instructions

Preheat oven to 190 degrees and line a loaf tin with baking paper or use silicon loaf tin.

Mix the almond meal, equal, baking powder, salt and cinammon together in a bowl.

Soften butter, and in a separate bowl, blend the butter, ricotta, eggs and ginger until smooth.

Fold the wet into the dry ingredient until mixed, using almond milk if the mixture is a little dry (mine was).

Transfer into silicon baking tray and bake 40 minutes until cooked through (spongy to touch) and knife comes out clean.

Ingredients

- 1.5 cups Almond meal
- 0.33 cups Equal Natural Sweetener (Stevia)
- 1.5 teaspoon Baking powder
- 0.5 teaspoon Salt, Himalayan
- 1 teaspoon Cinammon
- 100 grams Butter, salted (3.5 oz)
- 1 tablespoon Cheese, Ricotta, (can use yoghurt/cottage cheese)
- 2 Eggs
- 3 tablespoon Fresh grated ginger
- 4 tablespoon Almond milk, unsweetened