



16

Servings

20_{min}

Prep Time

25_{min}

Cook Time

45_{min}

Total Time

Keto Lamingtons

Ingredients

Keto Sponge

- 200g almond meal
- 40g coconut flour
- 40g Sukrin Monkfruit
- 1 tsp baking powder
- 5 large eggs, separated
- 125ml nut milk
- 60g coconut oil
- 2 tsp vanilla extract

Chocolate Icing

- 1 cup Sukrin Icing
- 2 1/2 tbsp cacao powder
- 1/2 tbsp butter
- 1/3 cup boiling water

- 3/4 cup desiccated coconut

Macros Per Serve

Calories - 174 | Fat – 15.4g

Net Carbs – 2.1g | Protein – 5.7g

Conventional Method

Sponge

- 1 Preheat the oven to 170° and line a square tin with baking paper (20cm x 20cm).
- 2 Add the egg whites to a clean and beat using an electric beater until the whites form stiff white peaks.
- 3 When the peaks have formed, continue beating and slowly add the sweetener. Continue beating the mix for a further 1.5mins.
- 4 In large bowl, add the egg yolks, vanilla and milk beat with the electric beaters for 3 minutes, adding the coconut oil halfway.
- 5 Add the dry ingredients and combine well.
- 6 Now slowly add the egg whites to the batter. Add a spoon at a time and gently fold through the mixture. Continue to gently fold the egg whites in, making sure the mix combines well and there's no lumps of batter.
- 7 Pour the mix into the baking tin and bake for 25 minutes or until cooked all the way through.
- 8 Remove from the oven and rest for 5 mins. Gently remove the sponge from the tin and allow to cool.

Icing

- 1 Place the icing ingredients in a shallow bowl and mix well until the mixture is smooth.

Making the lamingtons

- 1 Once the sponge is cool, cut it into 16 even pieces.
- 2 Pour the icing into a shallow bowl and place the desiccated coconut into another.
- 3 Dip a piece into the icing and gently coat all sides. Allow any excess icing to drip off and then transfer to the coconut bowl. Gently coat all sides in coconut and then move to a plate. Continue with the remaining pieces.
- 4 Store in an airtight container for 3 days if not enjoyed immediately.

Thermomix Method

Sponge

- 1 Preheat the oven to 170° and line a square tin with baking paper (20cm x 20cm).
- 2 Add the egg whites to a clean Thermomix bowl and insert the butterfly. Beat for 2.5 mins/sp3 or until the whites form stiff white peaks.
- 3 When the peaks have formed, continue the Thermomix on sp 3 and slowly add the sweetener through the MC hole. Continue beating the mix for a further 1.5mins.
- 4 Scrape the mix into a bowl and set aside. Wipe out the Thermomix bowl.
- 5 Add the egg yolks, vanilla and milk to the Thermomix bowl and combine for 3 mins/sp4, adding the coconut oil halfway.
- 6 Add the dry ingredients and combine well for 40 sec/sp3.
- 7 Transfer the mix to a large bowl and slowly add the egg whites. Add a spoon at a time and gently fold through the mixture. Continue to gently fold the egg whites in, making sure the mix combines well and there's no lumps of batter.
- 8 Pour the mix into the baking tin and bake for 25 minutes or until cooked all the way through.
- 9 Remove from the oven and rest for 5 mins. Gently remove the sponge from the tin and allow to cool.

Icing

- 1 Place the icing ingredients in a clean Thermomix bowl and combine for 3 mins/60°/sp2 or until the icing mix is smooth.

Making the lamingtons

- 1 Once the sponge is cool, cut it into 16 even pieces.
- 2 Pour the icing into a shallow bowl and place the desiccated coconut into another.
- 3 Dip a piece into the icing and gently coat all sides. Allow any excess icing to drip off and then transfer to the coconut bowl. Gently coat all sides in coconut and then move to a plate. Continue with the remaining pieces.
- 4 Store in an airtight container for 3 days if not enjoyed immediately.