

Keto Cinnamon Rolls

Deliciously soft and gooey, these keto cinnamon rolls are the perfect low-carb treat. Made with almond flour and sweetened with erythritol, they satisfy your sweet tooth without compromising your diet.


30 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 cup almond flour
- 1 tablespoon coconut flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon erythritol
- 1 large egg
- 2 tablespoons melted butter
- 1 tablespoon cinnamon
- 1 tablespoon unsweetened almond milk
- 1 tablespoon cream cheese (for frosting, optional)

Steps

- 1 Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the almond flour, coconut flour, baking powder, salt, and erythritol.
- 3 In a separate bowl, whisk the egg, melted butter, and almond milk until well combined.
- 4 Combine the dry and wet ingredients, mixing until a dough forms.
- 5 Place the dough between two sheets of parchment paper and roll it out into a rectangle shape.
- 6 Sprinkle cinnamon evenly over the dough, then roll it up tightly.
- 7 Slice the rolled dough into 1-inch pieces and place them on the baking sheet.
- 8 Bake for 15-20 minutes until golden brown.
- 9 For optional frosting, mix cream cheese with a little erythritol until smooth and spread over cooled rolls before serving.