Keto Monkey Bread

**Servings: 6 Prep Time: 1 1/2 to 2 hours Cook Time: 30-35 mins**

**1 1/4 cup (150g) Vital Wheat Gluten**

**2/3 cup (80g) Lupin Flour**

**1/2 cup (37g) Oat Fiber**

**4 tbsp Allulose or Confectioners Swerve Sweetener**

**1 tsp Salt**

**2 tsp Baking Powder**

**1/4 tsp Baking Soda**

**1/2 tsp Xanthan Gum**

**1/16 tsp Ascorbic Acid\***

**1 1/4 cup Non-Dairy Milk (between 125 F - 130 F**

**1 tbsp (12g) Instant or Quick Rise Yeast**

**1 tsp Honey (to activate the yeast)**

**2 tbsp (23g) Butter, softened**

**2 large Eggs, room temperature and lightly beaten**

**Coating:**

**1 cup Brown Swerve**

**3 tsp Cinnamon**

**1/2 cup or 1 stick of Butter**

**Icing:**

**2 oz Cream Cheese**

**1/2 cup Allulose**

**2-3 tbsp Silk Alternative Heavy Whipping Cream or Regular Heavy Whipping Cream**

**Special Equipment:**

**Kitchen Aid Stand Mixer or Bread Maker**

**Bundt Pan**

Preheat your stove to 350.

Begin by mixing your dry ingredients: vital wheat gluten, oat fiber, lupin flour, salt, xanthan gum, baking soda, baking powder, sweetener, and ascorbic acid in a bowl and then set it aside.

Pour the non-dairy milk into your bread machine pan or Kitchen Aid Stand Mixer bowl. Sprinkle in the yeast, add the honey, then stir it. Next, add in the 2 eggs, softened butter, and lastly, the flour mixture.

If using a bread machine, allow the dough to mix and knead to completion. If using a stand mixer, mix and knead this dough with the paddle attachment for 8 minutes. If you have difficulty kneading this dough with the paddle attachment, then try switching to the dough hook.

Once your dough is thoroughly kneaded, roll it out into a rectangle of about 10X14 inches. With a pizza cutter, cut into even medium squares and roll each one into a ball.

Melt the stick of butter and put it in a bowl. Then put the brown swerve and cinnamon in a zip bag and shake it up to mix the two. Roll the balls of dough in the butter first, then put them in the bag of cinnamon sweetener. Shake the bag until the dough is completely covered and place them into the buttered bundt pan.

Repeat the process until all the balls are covered in the cinnamon sweetener, then cover lightly with some oiled Saran Wrap and let rise until they have almost doubled in size, about 1 to 1 1/2 hours.

Once risen, bake in an oven that’s preheated to 350F for 30 to 35 minutes. While the bread is baking, make the icing. Add the ingredients for the icing to a blender or food processor. Cream the cream cheese, allulose, and silk alternative heavy cream together until smooth and semi running.

Remove bread from oven and place a plate on top of the pan, then flip it over to release the monkey bread. Drizzle icing on while hot and serve warm.

**\*You don’t have to add Ascorbic Acid, but it will keep the bread fresher longer.**

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**Nutritional Facts for 1 serving of Keto Monkey Bread:** 299.6 Calories, 19.0g Fat, 4.4g Net Carbs, 27.4g Protein.