

The Magic Cake Story

I realized early on in my Keto journey that if I were going to be able to stay on an eating plan like Keto for the long haul, I was going to need a “go-to” sweet confection that would be helpful to my diet rather than harmful. I couldn’t let my sweet tooth derail my weight loss efforts.

Keto recipes by the millions are available in every corner of the Internet, and so I began trying some of the cake recipes that are out there. But every one I tried ended up dry and with a consistency more or less like cornbread. I wanted something light and moist, not heavy and dry.

So, after a few disappointments, I launched out into the deep water and began to experiment with recipes of my own. The breakthrough came when I remembered a recipe for Coca Cola cake. I wondered about adding carbonated beverage as an ingredient. I reasoned that the carbonation would add to the lightness of the finished product. The results were amazing.

After experimenting with quantities and measurements, I came up with one basic cake mix that could be used for every flavor of my cakes (when combined, of course, with other ingredients).

So now I keep 2 or 3 Ziploc bags of Magic Cake Mix in the pantry, and when I’m ready to bake, my dry ingredients are, for the most part, mixed and ready to use. This saves about ten minutes of prep time.

I use diet soda as an ingredient in each of my cakes, and they all contain aspartame (NutraSweet) or sucralose (Splenda) or some combination of both. If you desire to avoid those sweeteners, you can simply use soda water (seltzer water or mineral water) and add a little more flavoring and sweetener. The results are just as good. Flavored soda water is also readily available in a variety of flavors these days, and makes a good substitute.

Please see the accompanying document on unusual ingredients and where to find them.

Bake these delicious cakes and enjoy to your heart’s content!

Randy Moody

My Magic Cake flavors are:

Cinnamon Cake

Faux Banana Nut Bread (no bananas)

Lemon Cake

Chocolate Nut Muffin Cake

Maple Walnut Cake

Orange Cake

Salted Caramel Pecan Cake

Spice Cake with Nuts

Vanilla Nut Cake

Magic Cake Ingredients (and Where to Find Them)

Making baked goods without flour and sugar can be a bit daunting if you've never done it before. Here is where you can find the strange and wonderful ingredients used in Magic Cakes.

- **Almond Flour** – virtually every major grocery store carries it, but if you don't want to spend a pile of money, buy it at Costco (best price) or Amazon.com.
- **Coconut Flour** – you use much less of this than almond flour. Buy it at Amazon.
- **Erythritol** – Amazon is your best bet on this one.
- **Swerve Brown Sugar Flavored Erythritol** – Amazon is your friend on this one.
- **Monk Fruit Sweetener** – Costco or Amazon, also many grocery store chains.
- **Torani Syrups and Flavorings** – your local grocery store in the coffee section. Be sure to get the sugar-free kind, as they make sugared as well.
- **Diet Cream Soda** – I use A & W brand, and it is available at many grocery chains. Make SURE you're getting the diet version as they look a lot alike.
- **True[®] Lemonade mix and True[®] Orange mix** – Publix or Amazon.
- **Banana, Lemon, Orange and other extracts and flavorings** – try your local grocery store first in the Spices section, and then if you can't find them, look on Amazon.
- **Lemon or Orange zest** – this is obtained by using a fine grater or zester and rubbing the fruit on the grater to get the colored exterior of the peel.
- **Spices** – if you're making the spice cake, throw out those 5-year-old spices and get fresh ones. Fresh spices make this cake come alive!

Magic Cake Mix by Randy Moody

This is the foundational mix for all the “Magic” cakes, breads, and muffins.

2 cups Almond Flour

1/3 cup Coconut Flour

1 tsp Baking Powder

1 tsp Baking Soda

1/4 tsp Salt

1 cup Granulated Erythritol

3 packets Stevia, Splenda, or monk fruit sweetener (more or less to taste)

Use this mix as the base for all keto low-carb Magic Cakes.

Makes enough batter for two 4½” x 8” bread pans or

9 of the 3” holes in two extra large 6-muffin pans.

Mix may be pre-packaged in advance and saved in a Ziploc bag for use later. Keeps well.

Low Carb Keto “Magic” Cinnamon Cake or Muffins

A pair of moist and delectable cinnamon cakes, perfect for snacking, dessert, or even breakfast.

Note: Time for muffins is reduced about 10 minutes.

Preheat oven to 350°

Ingredients for Cinnamon Cake:

One package **Magic Cake Mix**

6 large Eggs

2/3 cup Olive Oil or melted butter

½ cup Swerve (Erythritol) Brown Sugar flavor (loose, not packed)

1 Tbsp cinnamon

2/3 diet cream soda

2 tsp Vanilla Extract

½ cup chopped pecans or walnuts

Add cinnamon to cake mix. Combine wet ingredients and whisk in the dry ingredients and nuts a cup at a time. Mix well. Allow to rest 5 minutes, then mix gently again.

Coat the inside of a bread pan with Pam (or 9 extra large muffin cups), and pour mixture in. Bake at 350° for 30 to 40 minutes. Allow to cool; then cover with icing (optional). (For muffins, rotate pan after 15 minutes, remove at 25 min.

Ingredients for the no-carb icing:

1/3 Cup Cream Cheese

1/3 Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Cake – 16 portions (2 cakes, 8 portions each) Each Serving: Net Carbs: 1.5 g

Muffins – 9 portions Each Serving: Net Carbs: 2.5 g

Low Carb Keto “Magic” Faux Banana Bread or Muffins

Great banana-nut bread flavor and texture with NO bananas!
Makes two loaves.

For muffins, reduce baking time by about 10-15 minutes.

Preheat oven to 350°

Ingredients for Magic Faux Banana Bread:

One package **Magic Cake Mix**

½ cup Swerve Brown Sugar flavored erythritol (loose, not packed)

6 large Eggs

⅔ cup melted salted butter

Short ⅔ cup diet cream soda

1 Tbsp Torani Caramel sugar-free syrup (in the coffee section of your grocery store)

2 tsp Vanilla Extract

2 tsp banana extract or flavoring

½ cup coarsely chopped walnuts or pecans

Combine all ingredients and let sit for 5 minutes. Gently mix again.

Coat the inside of two 4½” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). Bake at 350° for 25-35 minutes. Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.”

Ingredients for the no-carb icing:

1/3 Cup Cream Cheese

1/3 Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Notes: Cake – 16 portions

Each Serving: Net Carbs: 1½ to 2 g

Muffins – 9 portions

Each Serving: Net Carbs: 3 g

Low Carb Keto “Magic” Lemon Pound Cake

Magic Lemon Pound Cake made with almond flour is just as good if not better than any conventional cake and is sugar free, gluten free, and nearly carb free, too! Light and moist, this cake melts in your mouth. Great with whipped cream and berries. Makes 2 bread-pan cakes or 9 3-inch muffins.

Preheat oven to 350°

Ingredients for Magic Lemon Pound Cake:

One package **Magic Cake Mix**

Additional ¼ cup of erythritol

6 large Eggs

⅔ cup Olive Oil

⅔ cup diet lemon-lime soda (I use caffeine-free Diet Mountain Dew)

1 tsp Vanilla Extract

1 packet True[®] Lemonade mix

4 packets True[®] Lemon flavoring mix (Publix has this)

Zest of 1 large or 2 small lemons

Optional – add ½ cup of your favorite berries. Blueberries work especially well. But don’t forget to account for the additional carbs!

Combine all ingredients and let sit for 5 minutes. Gently mix again.

Coat the inside of two 4½” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). Bake at 350° for 25-35 minutes. Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.”

Ingredients for the no-carb icing:

1/3 Cup room-temperature Cream Cheese

Up to 1/3 Cup Heavy Cream (start with about half that and blend with the cream cheese until you achieve a thickness and consistency that’s to your liking).

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Cake – 16 portions Each Serving: Net Carbs: 1 g

Muffins – 9 portions Each Serving: Net Carbs: 2 g

Low Carb Keto “Magic” Chocolate Nut Muffin Cake

A pair of moist, rich chocolaty loaf pan cakes with the consistency of chocolate muffins. For muffins, reduce baking time by about 10-15 minutes and watch closely.

Preheat oven to 350°

Ingredients for Magic Chocolate Nut Muffin Cake:

One package **Magic Cake Mix**

6 large Eggs

$\frac{2}{3}$ cup olive oil

$\frac{2}{3}$ cup diet cream soda

2 tsp Vanilla Extract

$\frac{1}{2}$ cup cocoa or cacao powder

Additional sweetener (to taste) to offset the bitterness of the cocoa
(I add $\frac{1}{2}$ cup of monkfruit sweetener)

$\frac{1}{2}$ cup coarsely chopped pecans or walnuts (optional)



Heat oil in microwave to near boiling. Whisk in the cocoa powder until smooth.

Allow to cool prior to mixing with other ingredients. Add to wet ingredients.

Mix wet ingredients well. Add dry ingredients gradually and whisk until smooth. Let sit for 5 minutes. Gently mix again.

Coat the inside of two 4 $\frac{1}{2}$ ” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). Bake at 350° for 25-35 minutes (start checking at 35). Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.” Allow to cool completely before removing from pan.

Ingredients for the no-carb icing:

$\frac{1}{3}$ Cup Cream Cheese

$\frac{1}{3}$ Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Notes: Cake – 16 portions (2 loaf cakes, 8 slices each)

Each Serving: Net Carbs: 2 g

Muffins – 9 portions

Each Serving: Net Carbs: 3 g

Low Carb Keto “Magic” Maple Walnut Cake or Muffins

A pair of delicious maple nut loaf cakes (or 9 muffins), moist, rich, and delectable!

Reduce baking time for muffins by about 15 minutes.

Preheat oven to 350°

Ingredients for Maple Walnut Cake:

One package **Magic Cake Mix**

6 large Eggs

2/3 cup Olive Oil

Heavy 1/3 cup diet cream soda

Light 1/3 cup sugar-free maple syrup

2 tsp Vanilla Extract

1½ tsp maple extract or flavoring

½ cup coarsely chopped walnuts or pecans

Combine all ingredients and let sit for 5 minutes. Gently mix again.

Coat the inside of two 4½” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). Bake at 350° for 25-35 minutes. Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.”

Ingredients for the no-carb icing:

1/3 Cup Cream Cheese

1/3 Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Cake – 16 portions Each Serving: Net Carbs: 2 g

Muffins – 9 portions Each Serving: Net Carbs: 3 g

Low Carb Keto “Magic” Orange Pound Cake

Magic Orange Pound Cake is sugar free, gluten free, and nearly carb free, too! Light and moist, this cake melts in your mouth. Great with whipped cream! Makes 2 bread-pan cakes or 9 3-inch muffins.

Preheat oven to 350°

Ingredients for Magic Orange Pound Cake:

One package **Magic Cake Mix**

Additional ¼ cup of erythritol

6 large Eggs

⅔ cup Olive Oil

⅔ cup diet orange soda (Sunkist makes a good one)

1 tsp Vanilla Extract

1 tsp Orange Extract or Flavoring

2 packets True® Orange Drink mix

Zest of 1 orange

Combine all ingredients and let sit for 5 minutes. Gently mix again.

Coat the inside of two 4½” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). Bake at 350° for 25-35 minutes. Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.”

Ingredients for the no-carb icing:

1/3 Cup room-temperature Cream Cheese

Up to 1/3 Cup Heavy Cream (start with about half that and blend with the cream cheese until you achieve a thickness and consistency that’s to your liking).

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Cake – 16 portions Each Serving: Net Carbs: 1 g

Muffins – 9 portions Each Serving: Net Carbs: 2 g

Low Carb Keto “Magic” Salted Caramel Nut Cake

Scrumptious caramel-flavored cake. Makes two loaves.

For muffins, reduce baking time by about 10-15 minutes.

Preheat oven to 350°

Ingredients for Magic Salted Caramel Nut Bread:

One package **Magic Cake Mix**

½ cup Swerve Brown Sugar flavored erythritol

6 large Eggs

⅔ cup melted salted butter or oil

Short ⅔ cup diet cream soda

2 tsp Vanilla Extract

1 tsp caramel extract or flavoring

2 Tbsp Torani sugar-free Salted Caramel syrup (in the coffee section of the grocery store)

½ cup coarsely chopped walnuts or pecans

Combine all ingredients and let sit for 5 minutes. Gently mix again.

Coat the inside of two 4½” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). Bake at 350° for 25-35 minutes. Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.”

Ingredients for the no-carb icing:

1/3 Cup Cream Cheese

Up to 1/3 Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Notes: Cake – 16 portions

Each Serving: Net Carbs: 1½ to 2 g

Muffins – 9 portions

Each Serving: Net Carbs: 3 g

Low Carb Keto “Magic” Spice Cake or Muffins

A pair of moist and delectable spice cakes, perfect for snacking, dessert, or even breakfast.

Note: Time for muffins is reduced about 10 minutes.

Preheat oven to 350°

Ingredients for Magic Spice Cake:

One package **Magic Cake Mix**

½ cup Swerve Brown Sugar flavored erythritol

6 large Eggs

2/3 cup Olive Oil

2 tsp cinnamon

1 tsp ginger

½ tsp nutmeg

½ tsp ground clove

2/3 cup diet cream soda

2 tsp Vanilla Extract

½ cup chopped walnuts or pecans

Add spices to cake mix. Combine wet ingredients and whisk in the dry ingredients and nuts a cup at a time. Mix well. Allow to rest 5 minutes, then mix gently again.

Coat the inside of a bread pan with Pam (or 9 extra large muffin cups), and pour mixture in. Bake at 350° for 40 minutes. Allow to cool; then cover with icing (optional). (For muffins, rotate pan after 15 minutes, remove at 25 min.

Ingredients for the no-carb icing:

1/3 Cup Cream Cheese

1/3 Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Cake – 16 portions (2 cakes, 8 portions each) Each Serving: Net Carbs: 1.5 g

Muffins – 9 portions Each Serving: Net Carbs: 2.5 g

Low Carb Keto “Magic” Vanilla Cake or Muffins

Great vanilla cake flavor and texture! Moist and delectable!
Makes 2 loaf-pan cakes.

For muffins, reduce baking time by about 10-15 minutes.

Preheat oven to 350°

Ingredients for Magic Vanilla Cake:

One package **Magic Cake Mix**

½ cup Swerve brown sugar flavored erythritol

6 large Eggs

⅔ cup melted butter (or olive oil, if you prefer)

Short ⅔ cup diet cream soda

3 tsp Vanilla Extract

2 Tbsp Torani Vanilla sugar-free syrup

½ cup coarsely chopped pecans or walnuts (optional)

Combine all ingredients and let sit for 5 minutes. Gently mix again.

Coat the inside of two 4½” x 8” bread pans with Pam, and divide mixture equally into pans (or 9 3” muffin cups). (I use a small piece of parchment paper on the inside bottom of each pan.) Bake at 350° for 25-35 minutes. Allow to cool completely before removing from pan.

(For muffins, rotate pan after 10 minutes, check at 20 min.)

Cake or muffins are done when a sharp knife poked into the center comes out clean and not “batter-y.”

Ingredients for the no-carb icing:

1/3 Cup Cream Cheese

1/3 Cup Heavy Cream

Sweeten to taste with powdered erythritol, Splenda, or Stevia

(I use erythritol powdered in a Magic Bullet blender – perfect!)

I keep some of the icing in the fridge to eat with strawberries or ?

Notes: Cake – 16 portions

Each Serving: Net Carbs: 1½ to 2 g

Muffins – 9 portions

Each Serving: Net Carbs: 3 g