

No Bun Please

KETO RECIPES & RESOURCES

Raspberry Cream Smartcake Review: 38 Calories + 0g Net Carbs

Smart Baking Company recently launched a new sugar free product for us to try — the Raspberry Cream Smartcake!

Smartcakes are a high protein, nutritious snack cake that are only 38 calories and 0g net carbs per serving. Pretty impressive, huh?

I was so excited when I saw the e-mail about this new flavor. I *absolutely* love raspberries AND Smartcakes. It's almost like they made these specifically for me.

Interested to see what I thought of them? Keep reading!



LOOK AND FEEL

Each individual packet contains 2 Smartcakes that are protected by a thin layer of paper to prevent breakage.

Much like the other flavors, these were **light** and **delicate**. They have a soft, spongy texture that resembles a cupcake.

Peel back the paper and you'll find a beautiful color transition from hot pink color to light orange. **It reminds me of a sunset!**

The top of the cake is encrusted with bits of crystallized sweetener that adds an interesting textural component.

INGREDIENTS & NUTRITION INFORMATION

The ingredients are generally the same for all Smartcakes, but the flavorings will vary.

Raspberry Cream Ingredients: Eggs, Purified Water, Proprietary Fiber Blend (Oat fiber, Corn Fiber, Flax), Erythritol, Whey Protein Isolate, Olive Oil, Pure Raspberry Extract, Pure Vanilla, Salt, Cellulose gum, Monk fruit, Citric acid, Spices, Herbs

Aside from being made **without sugar and no starch**, the ingredients are **gluten free** as well.

The nutrition breakdown for one Smartcakes comes out:

- 38 calories
- 2.5g fat
- 9g carbs
- 5g fiber
- 4g erythritol
- 0g net carbs
- 4g protein

TASTE TEST

In my first bite, I couldn't identify that it was raspberry. There is an overarching berry flavor, but it didn't immediately scream raspberry.

With that being said, **I thought it was delicious!** I savored each and every bite.

As I made my way through the pack (I ate both... whoops), it reminded me of something familiar.

I couldn't put my finger on it. For hours.

It wasn't until I ate the second pack the following day that it hit me — it totally reminded me of a cherry or **raspberry Blow Pop!**

WOULD I BUY THEM?

YES! I have been enjoying Smartcakes regularly for a few years now and think they're a great option to keep on hand for Keto.

The Raspberry Cream flavor is no exception! Between this and the Lemon, I don't think I could choose a favorite!

FINAL THOUGHTS: SMARTCAKE REVIEW

As mentioned, I'm no stranger to Smartcakes, I think they're incredible!

Specifically, I like them because:

- One Smartcake is just **38 calories and 0g net carbs!** I *always* have room in my macros for dessert.
- **Awesome for parties** – I don't feel like I'm missing out when I have these with me.
- The **portioning and packaging** makes is super easy to travel with.
- You can **decorate them** with your favorite low carb frosting and toppings!
- They flat out **taste good!**

If you miss having a great tasting and healthy cake on the Keto Diet, you *have* to try Smartcakes!

