



Since my mother-in-law is diabetic and loves to eat sweets (that she should not), I thought I'd give her a treat made with artificial sweeteners instead. I was surprised to see how sweet they actually were, with no bitter aftertaste and fewer calories. I did use sugar to activate the yeast (I didn't have faith that artificial sugar would work). I can't say that it would be my go-to for all desserts (these sweeteners come with a hefty price tag), but certainly a tasty option for her.

Low-Cal Monkey Bread

Ingredients

1/2 cup 2% milk, warmed
1/2 cup warm water
2 1/4 teaspoons dry yeast
1 teaspoon sugar
1/4 cup Splenda Keto sweetener
8 tablespoons unsalted butter, melted
1 egg yolk
1 1/2 teaspoons vanilla extract
2 3/4 cup flour
3/4 teaspoon salt
1/2 teaspoon nutmeg
1/4 teaspoon cinnamon
1/3 cup Splenda brown sugar blend

Ingredients - Topping

1/4 cup Splenda brown sugar blend
2 tablespoons butter
1/4 teaspoon cinnamon
1/4 cup chopped pecans

Instructions

Preheat the oven to 350°F. Spray either a Bundt pan or loaf pan (for loaf pan also line with parchment paper).

Mix the dry yeast and sugar in a bowl and pour the warmed milk and water over it. Allow it to rest for 10 minutes to activate. In a large bowl, whisk the flour, Splenda Keto sweetener, salt, and nutmeg. Set aside. Mix together 4 tablespoons of butter with the egg yolk and vanilla extract.

Make a well in the center of the flour mixture and add the yeast mixture and butter mixture. Mix together and knead for a few minutes. The mixture is slightly sticky, even after kneading. Place the dough in a buttered bowl and cover. Let it rise for 1 hour until it is doubled in size.

In the meantime, prepare the topping by combining the Splenda, butter, and cinnamon in a saucepan. Cook on low heat until it is combined. Add the pecans and toss. Place the topping in the bottom of your prepared pan.

When the dough has risen, cut into equal portions and roll into 1 1/2" balls. While you are rolling the dough, you will be kneading it. Place the prepared rolls onto a tray. Prepare a coating for the balls by mixing together the cinnamon and 1/3 cup of Splenda. Place the remaining melted butter next to the coating in another bowl. Dip each ball into the melted butter and then into the coating. Place each ball into the prepared pan.

Bake for 15 minutes or until the top is golden brown and a toothpick inserted comes out clean. Makes one loaf or bundt pan that can be cut into 9 to 18 portions (depending on the size of the slice).