



Low-Carb Coconut Ice Lollies

Hands-on 15 minutes Overall 3 hours

Nutritional values (per serving): Total carbs: 4.4 g, Fiber: 0.8 g, Net carbs: 3.5 g,

Protein: 0.6 g, Fat: 0.1 g, Calories: 19 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

1/2 cup unsweetened coconut water (120 ml/ 4 fl oz)

1 small peach (130 g/ 4.6 oz)

1 tbsp Erythritol or Swerve (10 g/ 0.4 oz)

5-10 drops liquid Stevia extract (Clear or Coconut)

1 gelatin leaf or 1/2 envelope powdered gelatin powder or 1 1/2 tsp agar powder

1/4 cup water (60 ml/ 2 fl oz)

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Instructions

1. Cut the peach into quarters and slice thinly.
2. Meanwhile, sprinkle the granules of gelatin in cold water and mix in well. Don't dump the whole gelatin in the centre or it will become clumpy. Add Erythritol and stevia and heat up gently until everything dissolves. Don't boil or the gelatin will lose its thickening abilities. *Note: Alternatively, you can use a gelatin sheet or agar powder. Check my recipe for No-bake Mini Berry cheesecakes to see how you can use gelatin sheets.*
3. Pour the gelatin mixture into a jug with the coconut water and stir well. Assemble the peach into the ice moulds, cover with the other halves and pour the coconut mixture in using a funnel. Add the sticks and place in the freezer for at least 3 hours or better overnight. *Note: If you are wondering why I used gelatin in this recipe, it's because these ice pops don't melt too quickly. You can enjoy them for a longer and your hands won't get messy.*
4. Any time you have sugar cravings, just take one from the freezer and enjoy! :-)
Note: Use round ice moulds or any small ice lolly moulds. I used paper straws simply for photography effect. They are not good for making ice pops, as they get very soft. Use wooden sticks instead.

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