

# Low-Carb Coconut Ice Lollies

Hands-on 15 minutes Overall 3 hours



**Nutritional values (per serving, 1 lolly):** Total carbs: 4.3 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 [powdered Erythritol](#) or [Swerve](#) (10 g/ 0.4 oz)
- 5-10 drops [liquid Stevia extract](#)
- 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)

## 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.
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.
4. Any time you have sugar cravings, just take one from the freezer and enjoy! Store in the freezer for up to 3 months.

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