

# Low-Carb Dairy-Free Cappuccino

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 1.8 g, Fiber: 0.1 g, **Net carbs: 1.7 g,**

Protein: 1.3 g, Fat: 12.1 g, Calories: 113 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

1/3 - 1/2 cup espresso or this is a great coffee substitute

1/4 cup coconut milk such as Aroy-D (2 fl oz / 60 ml)

pinch cinnamon or raw cocoa powder (unsweetened)

*Optional:* 3-6 drops liquid Stevia extract or other healthy low-carb sweetener from this list

## Instructions

The basic make-up of a cappuccino is roughly 1/3 coffee, 1/3 hot milk and 1/3 frothed/foamed milk. Before you open the box with coconut milk, shake it well for about 30 seconds. How to froth the milk:

you can prepare the coconut milk in a milk frother like this one or

slowly heat it up until you create foam on the top or

use this technique from TheKitchn.com that works for coconut milk too

Prepare the required amount of espresso (I just fill a third of a cup).

Pour some hot coconut milk into the espresso using a knife/spatula to hold back the foam. When the cup is filled up to 2/3, spoon the froth on the top. Sprinkle some cocoa powder or cinnamon and you're done!

## Which Coconut Milk Works Best?

I love Aroy-D coconut milk - it's the best I've tried so far. It tastes and smells delicious and when you open the package, it actually looks like whole milk or cream unlike some other brands.

Apart from tasting delicious, it's really easy to whip or froth. The only contents are water and coconut, no additives! Keep in mind that if you want to "cream" it to make desserts like Chocolate mousse, you will have to get this Aroy-D (tinned) or this one (coconut cream).

Another brand you can use for desserts like that is Thai Kitchen Organic (but contains guar gum which I personally don't like). Simply keep it refrigerated until the cream separates out from the coconut water. The extracted cream can be used for whipped cream - just spoon the cream out and discard the liquid.

## Best Low-Carb Sweeteners:

If you need to use a sweetener, the best one for cappuccino is 1-3 drops of liquid Stevia extract or a teaspoon of Erythritol which have zero carbs. I didn't use any sweetener, as the coconut milk already has a slightly sweet taste. You can read more about low-carb sweeteners in this post: [Complete Guide To Sweeteners on a Low-carb Ketogenic Diet](#)

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