

Bulletproof Vietnamese Coffee Popsicles

Hands-on 20 minutes Overall 4-5 hours

Nutritional values (per serving, 1 small popsicle): Total carbs: 1.7 g, Fiber: 0 g,

Net carbs: 1.7 g, Protein: 1 g, Fat: 12.9 g, Calories: 119 kcal,

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



Ingredients (makes 6 regular or 12 small popsicles)

1 1/2 cups homemade [Keto Condensed Milk](#) (360 ml/ 12.1 fl oz) -
whole recipe makes about 2 cups

1 1/2 cups strong brewed coffee, I used [Bulletproof coffee](#) (360 ml/
12.1 fl oz)

2 tbsp [Brain Octane oil](#) or [MCT oil](#) (30 ml)

Optional: 1 teaspoon [cinnamon](#) or [vanilla bean powder](#)

*Note: You can use regular 1/2-cup popsicle molds, or "small" 1/4-cup
popsicle molds.*

Instructions

1. Prepare the [Keto Condensed Milk](#) and set aside.
2. Prepare the coffee by blending it with brain octane oil and half of the prepared keto condensed milk. Let the coffee and the reserved condensed milk cool down to room temperature.
3. Assemble the popsicles. Pour the prepared coffee into popsicle molds (each about 3/4 full). I used 2 [regular size popsicle molds](#), and 8 [small popsicle molds](#) like these.
4. Pour the reserved condensed milk into each of the popsicle molds. It will sink to the bottom of the molds. If you have popsicle molds that include a lid, you can add the sticks now. Otherwise, place the popsicles in the freezer for 1-2 hours, until partially frozen. Then insert the sticks and return to the freezer for another 2 hours or until frozen.
5. To easily remove the popsicles from the molds, fill a pot or a glass, as tall as the popsicles, with warm (not hot) water and dip the popsicle molds in, for 15-20 seconds.
6. Place the unmolded popsicles in [ziploc bags](#) and keep in the freezer for up to 6 months.

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