

# Healthy Low-Carb White Chocolate

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per 1 oz/ 28 g):** Total carbs: 2.7 g, Fiber: 0.1 g, **Net carbs: 2.6 g,**

Protein: 0.7 g, Fat: 20.4 g, Calories: 196 kcal,

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



## Ingredients (makes about 12 oz/ 340 g)

170 g [cacao butter](#) (6 oz)

1 cup [coconut milk powder](#) (120 g/ 4.2 oz) - see *tips at the end of this post*

1/3 cup [powdered Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz) or other healthy [low-carb sweetener](#) from [this list](#)

1 tsp [vanilla bean powder](#) or 2 tsp sugar-free [vanilla extract](#)

pinch salt (I like [pink Himalayan](#))

*Optional:* few drops of [liquid stevia](#) to taste ([NuNaturals](#) or [SweetLeaf](#))

*Optional:* 1/2 tsp [sunflower lecithin](#) powder if you plan to bake with it

*Note: [Sunflower lecithin](#) acts as a stabiliser and will keep the chocolate from separating if you plan to use it for baking. If you can get [allulose](#), use powdered [allulose](#) instead of the [Erythritol](#) (you can use a coffee grinder to do that). It will result in smooth texture without any cooling aftertaste.*

## Instructions

1. Melt the cacao butter in a double boiler, or heat-proof bowl placed over a small saucepan filled with 1 cup of water, over medium heat.
2. Remove from the heat and set aside. Add sunflower lecithin (if using). Add the coconut milk powder, Erythritol or Swerve. *Note: If your coconut milk powder has clumps, place it in a coffee grinder, blender or food processor and process for a few seconds until powdered.*
3. Add vanilla powder (or vanilla extract), and salt. If you want a sweeter taste, add a few drops of stevia. Pour the mixture into a food processor or blender. Pulse for 30 to 60 seconds, or until smooth. *Tip For an extra nutritional boost: Swap 1/2 cup (60 g/2.1 oz) of coconut milk powder with 1/2 cup (40 g/1.4 oz) of [lucuma powder](#). Lucuma is an anti-inflammatory superfood that will add natural sweetness to the chocolate, and make it creamier. Using lucuma powder in this recipe will result in 4.3 grams of net carbs*

*per serving.*

4. Pour into candy or chocolate molds (you can [find some great ones on Amazon](#)) and let the chocolate harden in the refrigerator.
5. Once solid, remove from the molds. Store at room temperature or refrigerate for up to 3 months. Enjoy!

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