

Homemade Sugar-Free Honey Syrup

Hands-on 10 minutes Overall 10 minutes



Nutritional values (per serving, tbsp/ 15 ml): Total carbs: 13.7 g, Fiber: 12.1 g,

Net carbs: 1.6 g, Protein: 0.5 g, Fat: 0.2 g, Calories: 32 kcal,

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

Ingredients (makes ~ 3/4 cup)

2 tbsp [bee pollen](#) (18 g/ 0.6 oz)

1-2 tbsp warm water

1/2 cup [Sukrin Fiber Syrup Clear](#) (170 g/ 6 oz)

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Instructions

1. Place the bee pollen in a small blender. *Note: This recipe was originally make with Sukrin Syrup that is made with isomaltooligosaccharides (IMOs) which I no longer recommend. IMOs have shown to increase blood sugar levels in most people and for that reason you should avoid them when following a keto diet. Ideally use syrup that is made with the following options: Allulose, Erythritol, soluble corn fiber or monk fruit.*
2. Add a tablespoon of warm water and let it sit for 5-10 minutes. Pulse until creamy. Add another tablespoon of water if needed. Add the syrup.
3. Blend until dissolved.
4. Pour in a container and keep at room temperature. Close with a lid to prevent it from drying out.
5. Use just like honey - in [smoothies](#) or drizzled over [pancakes and waffles](#) Store in a sealed jar in the fridge for up to 3 months.
6. Note: Below are my unsuccessful attempts. The jar on the left doesn't include water and the bee pollen grains didn't dissolve properly. The jar on the right is made with double the amount of bee pollen which resulted in very concentrated honey with bitter aftertaste. I won't waste these ingredients - I'm still planning to use these batches in smoothies and other recipes.

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