

Homemade Sugar-Free Maple Syrup

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per tbsp/ 20 g/ 0.7 oz): Total carbs: 13.9 g, Fiber: 12.9 g, **Net carbs: 1 g**,

Protein: 0 g, Fat: 0.1 g, Calories: 32 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes ~ 1/2 cup)

1/2 cup Sukrin Fiber Syrup Gold (170 g/ 6 oz)

1-2 tbsp sugar-free maple extract (to taste)

Instructions

1. In a jar, mix Sukrin Gold Syrup with maple extract (I used 1 tablespoon but you can use more or less to taste).
2. Mix until well combined and store in your kitchen pantry sealed with a lid to prevent it from drying. Use just like maple syrup - in smoothies or drizzled over pancakes and waffles :-)

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans