

# Homemade Sugar-Free Strawberry Syrup

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving, 2 tbsp/ 30 ml):** Total carbs: 3.4 g, Fiber: 0.7 g,

**Net carbs: 2.7 g**, Protein: 0.2 g, Fat: 0.1 g, Calories: 14 kcal,

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



## Ingredients (makes about 1 1/2 cups, 360 ml/ 12 fl oz)

400 g fresh or frozen and thawed strawberries (14.1 oz)

1 cup water (240 ml/ 8 fl oz)

1/2 cup granulated low-carb sweetener such as [Allulose](#), [Erythritol](#)  
or [Swerve](#) (100 g/ 3.5 oz)

## Instructions

1. Hull the strawberries. Place them in a blender or in a bowl with water and use an immersion blender to process until smooth.
2. Place a fine mesh sieve over a saucepan and line it with a nut milk bag or a piece of cheesecloth.
3. Strain the puree through the milk bag into the sauce pan. You should have just the seeds and a bit of the pulp left. You will need to squeeze it through as the puree will be thick.
4. Add the sweetener and bring to a gentle boil over a medium heat. Stirring occasionally, cook until reduced to about half of the volume and thickened. This will take 15 to 20 minutes. You should get 1 1/2 to 1 3/4 cups (360 to 420 ml) of strawberry syrup.
5. Allow to cool and pour into a storage glass. Refrigerate and keep sealed in the fridge for up to 10 days.
6. Once cooled, the syrup should have a smooth and creamy consistency.
7. To serve, pour 2 tablespoons (30 ml) or more into a serving glass filled with ice.
8. Top with sparkling water or still water.
9. Stir to combine and serve!

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