

How to Make Keto Condensed Milk

Hands-on 10 minutes Overall 45-50 minutes

Nutritional values (per serving, 2 tbsp/ 30 ml): Total carbs: 0.6 g, Fiber: 0 g,

Net carbs: 0.5 g, Protein: 0.4 g, Fat: 7.3 g, Calories: 70 kcal,

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



Ingredients (makes about 2 cups)

1/2 stick unsalted butter (57 g/ 2 oz)

2 cups heavy whipping cream (480 ml/ 16 fl oz)

2 cups unsweetened [almond milk](#), cashew milk or poppy seed milk
(480 ml/ 16 fl oz)

1/2 cup brown sugar substitute such as Lakanto or [Sukrin Gold](#) or
[Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)

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

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Instructions

1. Place the butter into a pan. Cook over a medium heat until it starts to foam and brown slightly. This will take just a few minutes and keep an eye on it to prevent burning.
2. Add the cream and almond milk. Don't worry when you see the butter floating on top at first. Add the sweetener and mix until well combined.
3. Bring to a boil over a medium-high heat. Once it starts simmering, turn the heat down to low. Reduce to about half of the volume. This will take 30 to 45 minutes.
4. When done, remove from the heat and set aside to cool down to room temperature.
5. Blend using an immersion blender until smooth and creamy (this will help remove any clumps). Optionally, you can blend in some vanilla or cinnamon.
6. Pour in a jar. Store for 1 week in the fridge in a sealed jar. This keto condensed milk will be runny at first but thicken more in the fridge.
7. For dairy-free condensed coconut milk, [follow the instructions here](#).
The dairy-free keto condensed milk with coconut milk will thicken more than the dairy-base keto condensed milk. If it gets too thick, gently reheat before using or simply use a spoon.
8. Feel free to use just like condensed milk maybe by making a batch of our [Keto Coffee Creamer](#) — it's amazing!