

Keto Chocolate Espresso Sorbet

Hands-on 30 minutes Overall 8-10 hours

Nutritional values (per serving, about 3/4 cup): Total carbs: 7.4 g, Fiber: 2 g,

Net carbs: 5.4 g, Protein: 2.7 g, Fat: 14.3 g, Calories: 152 kcal,

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



Ingredients (makes 12 servings)

- 2 cups strong coffee (480 ml/ 16 fl oz)
- 3/4 cup granulated [Swerve](#) or [Erythritol](#) (150 g/ 5.3 oz)
- 4 cups water (~ 1 L)
- 10 drops [Stevia](#)
- 3 bars [90% dark chocolate](#) (300 g/ 10.6 oz)
- 2 tbsp [cacao powder](#) (10 g/ 0.4 oz)
- 1 tbsp [vegetable glycerine](#) (15 ml)

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Instructions

1. Brew two cups of coffee.
2. Place the water, coffee vegetable glycerine and sweeteners into a saucepan and heat until dissolved.
3. Finely chop the chocolate and place it in a heatproof bowl, along with the cacao powder.
4. Pour the hot liquid over the chocolate and stir until melted and combined.
5. Pour the mixture into a metal pan and place in the freezer for 6-8 hours (or overnight).
6. Using a sharp knife or a pizza cutter, cut the frozen mixture into squares and place in a food processor.
7. Blend until smooth and creamy and pour back into pan.
8. Return to the freezer until firm enough to scoop, watching to make sure that it doesn't re-freeze.
9. Serve scoops in small espresso cups as a lovely after dinner treat.
10. Store in freezer, in a covered container, for up to four weeks, but it will refreeze and need to be blitzed again to scoop.

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