

Keto Coquito Cocktail (Puerto Rican Egnog)

Hands-on 5 minutes Overall 1- 2 hours

Nutritional values (per serving, about 150 ml/ 5 fl oz): Total carbs: 6 g, Fiber: 1.1 g,

Net carbs: 4.9 g, Protein: 3.3 g, Fat: 33.2 g, Calories: 379 kcal,

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



Ingredients (makes 8 servings)

2 cups liquid coconut milk such as Aroy-D (480 ml/ 16 fl oz)

1 cup Keto & Paleo Condensed Milk (240 ml/ 8 fl oz)

1 cup coconut cream, aka creamed coconut milk (240 g/ 8 oz)

1 tsp vanilla bean powder or 1 tbsp unsweetened vanilla extract

2 tsp ground cinnamon

1 tsp ground nutmeg

1 cup white rum, or more to taste (240 ml/ 8 fl oz) - *see options*

below for alcohol-free

Optional: liquid Stevia to taste (SweetLeaf or NuNaturals)

Tips:

Recipes with coconut milk may thicken when refrigerated. To make the coquito liquid again, let it sit at room temperature for 20-30 minutes and then shake vigorously for a few seconds. Alternatively, place the jar in a bowl filled with warm water for 30-60 seconds, then shake and serve.

Alcohol is not 100% keto or paleo but you can drink it occasionally. However, you should avoid drinking alcohol if you want to lose weight. Even if there is no sugar, your body can't store alcohol as fat - it has to metabolise it. This means that your body will utilise alcohol instead of body fat which will slow down weight loss. To make this drink alcohol-free, try substituting the rum with an equal amount of cold coconut water or almond milk.

Instructions

1. Prepare the condensed milk by following the instructions in this recipe. Freshly made condensed milk is liquid and thickens as you refrigerate it. Don't worry if it thickens, it will work just fine.
2. Place all the ingredients into a blender or use an immersion blender: coconut milk, coconut cream, keto condensed milk, nutmeg, cinnamon, vanilla, and white rum. Process until smooth and frothy. You can add a few drops of stevia to taste.

3. Pour into a jar and refrigerate for 1-2 hours or until cold. Pour into serving glasses and optionally sprinkle with cinnamon or nutmeg. If you don't have time to let it chill, serve with ice. Enjoy!

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