

# 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 homemade Dairy-Free Keto Condensed Milk or Keto Condensed Milk (240 ml/ 8 fl oz)
- 1 cup coconut cream, aka creamed coconut milk (240 ml/ 8 fl 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)

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## Instructions

1. Prepare the Dairy-Free Keto Condensed Milk (uses coconut milk) or Keto Condensed Milk (uses cream) and set aside. 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.
4. Enjoy or store in the fridge for up to 4 days. If the coquito gets too thick in the fridge, gently reheat until melted and stir to combine.

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