

# Keto Ginger & Rhubarb Creamsicles

Hands-on 30 minutes Overall 5-6 hours

**Nutritional values (per serving, 1 regular popsicle):** Total carbs: 4.6 g, Fiber: 0.8 g,

**Net carbs: 3.8 g**, Protein: 1.5 g, Fat: 32.4 g, Calories: 317 kcal,

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



## Ingredients (makes 8 regular or 16 small popsicles)

### Orange cream layer:

- 1 1/4 cup heavy whipping cream (300 ml/ 10.1 fl oz)
- zest from 1 medium orange (1-2 tbsp), or 1-2 tsp sugar-free [orange extract](#)
- 1 pack clotted cream, room temperature (227 g/ 8 oz)
- 1 tbsp NuStevia Ginger Syrup (15 ml) or 1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)

### Ginger-rhubarb layer:

- 2 1/2 cups rhubarb, roughly chopped (305 g/ 10.8 oz) - *ideally use pink stalks, not green*
- 2 tbsp grated ginger root (12 g/ 0.4 oz)
- 1/4 cup water (60 ml/ 2 fl oz)
- 2 tbsp NuStevia Ginger Syrup (30 ml) or 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)

## Instructions

1. Remove the clotted cream from the fridge and let it sit at room temperature. Zest the orange ...
2. ... and place it in a sauce pan with the heavy whipping cream. Heat up over a medium heat. Once simmering, take off the heat, cover with a lid and set aside to infuse while you prepare the ginger-rhubarb layer.
3. Chop the rhubarb and grate the ginger.
4. Place both into a sauce pan. Add 1/4 cup (60 ml) water and 2 tablespoons of the ginger syrup. Bring to a simmer. Cook for just a few minutes, until the rhubarb is tender. Then, use a spatula or a fork and break it into small pieces. For a smooth texture, let the rhubarb mixture cool down, then pour into a blender or a [food processor](#) and pulse until smooth.
5. Spoon the clotted cream into a bowl. Strain the orange flavoured

cream through a fine-mesh sieve, into the bowl with the clotted cream.

6. Add a tablespoon of the ginger syrup and combine well using a hand whisk.
7. Assemble the popsicles. Spoon some of the orange cream into each popsicle. Top with some ginger-rhubarb mixture. Finally, top with the remaining cream-orange mixture. Add the popsicle sticks and freeze for at least 4 hours, or until set. I used [these popsicle molds](#) (will make 8 regular), or you can make up to 16 small popsicles using [molds like these](#).
8. To easily remove the popsicles from the molds, fill a pot or a glass, as tall as the popsicles, with warm (not hot) water and dip the popsicle molds in, for 15-20 seconds.
9. Place the unmolded popsicles in [ziploc bags](#) and keep in the freezer for up to 6 months.

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