

Keto Mocha Crème Brûlée

Hands-on 30 minutes Overall 4 hours 30 minutes

Nutritional values (per serving): Total carbs: 6.9 g, Fiber: 1.3 g, **Net carbs: 5.6 g,**

Protein: 5.9 g, Fat: 44.4 g, Calories: 448 kcal,

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



Ingredients (makes 6 servings)

2 cups heavy whipping cream (480 ml/ 16 fl oz) - *you can use [coconut milk](#) for dairy-free*

6 egg yolks

1/4 cup granulated [Swerve](#) or [Erythritol](#), divided (55 g/ 1.9 oz)

100 grams [90% dark chocolate](#) (3.5 oz)

1 tsp instant coffee

1 tsp pumpkin pie spice or 1/2 tsp each [cinnamon](#) and nutmeg

2 tsp sugar-free [vanilla extract](#)

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Chop the chocolate into small pieces.
2. Place the cream into a saucepan, and heat over medium heat. Remove 2 tablespoons of sweetener and sit aside. Then place the remaining sweetener into the hot cream.
3. Place the egg yolks into a small bowl and add the retained 2 tablespoons of sweetener, whisk well.
4. Remove cream from heat and take approx. 1/4 cup of the mixture and whisk it into the egg yolks slowly. This tempers the egg yolks and makes it less likely that they'll scramble when added to the hot cream.
5. Slowly pour the egg mixture into the saucepan, whisking constantly.
6. Once combined, return to a medium heat. Add the chocolate, coffee, vanilla and spices and stir until melted and combined.
7. Place six small ramekins into a deep oven dish. Pour the chocolate custard into each ramekin evenly.
8. Boil a kettle and add boiling water to the oven dish, until it reaches halfway up your ramekin.
9. Bake in the oven for 25 - 30 minutes, or until the centre is just set but still a bit wobbly. Remove from water bath and let cool.
10. Cover with cling wrap and refrigerate for approx. 4 hours until set.

11. Sprinkle about 2 teaspoons of granulated sweetener on top of the custard and use a culinary torch to melt it and turn it to toffee. Powdered sweeteners just don't work for this as they turn into a weird white glaze that really doesn't look appetising.
12. Store covered in the refrigerator, for up to five days.

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