

# Keto Thai Iced Tea

Hands-on 5 minutes Overall 45 minutes



**Nutritional values (per serving):** Total carbs: 2.4 g, Fiber: 0 g, **Net carbs: 2.4 g**, Protein: 1 g,  
Fat: 10.6 g, Calories: 101 kcal,

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

## Ingredients (makes 4 servings)

2 heaping tbsp [loose black tea](#)

2 star anise

2 cardamom pods

2 whole cloves

1 [cinnamon stick](#)

1/2 tsp [vanilla powder](#) or 1 [vanilla bean](#)

4 cups water (960 ml)

ice cubes

*Optional:* 1/4 tbsp [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz) or 10-15 drops  
[liquid stevia](#)

Serve with 2 tbsp [Keto Condensed Milk](#) per serving or heavy  
whipping cream or [coconut milk](#) such as [Aroy-D](#)

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## Instructions

1. Prepare the [Keto Condensed Milk](#) in advance. Bring 4 cups of water to a boil and add the tea, star anise, cardamom pods, cloves, cinnamon stick and vanilla powder (or whole vanilla bean cut lengthwise). Boil over a medium heat for 2-3 minutes. Take off the heat and let it sit for 30 minutes.
2. Strain the tea leaves and spices and discard them. Stir in the Erythritol (if used) and let the tea mix cool completely before serving. I keep it in the fridge until ready to be served. It will last for up to a week. To serve, fill a glass with ice and pour in the tea mix.
3. Pour in [Keto Condensed Milk](#) (2 tablespoons per glass, or more to taste) or cream or coconut milk.
4. Stir or drink without stirring. Enjoy!

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