

Keto Tiramisu Popsicles

Hands-on 15 minutes Overall 4 hours

Nutritional values (per serving): Total carbs: 4.7 g, Fiber: 1.5 g, **Net carbs: 3.2 g,**

Protein: 4.6 g, Fat: 34.7 g, Calories: 338 kcal,

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



Ingredients (makes 8 servings)

Popsicles:

- 2 cups mascarpone or [creamed coconut milk](#) (500 g / 17.6 oz)
- 1/2 cup [coconut milk](#), BPA-free or heavy whipping cream (120 ml / 4 fl oz)
- 1/2 cup strong brewed coffee, chilled or caffeine-free [chicory coffee](#) (120 ml / 4 fl oz)
- 1/2 cup [Erythritol](#) or [Swerve](#), powdered or other healthy [low-carb sweetener from this list](#) (80 g / 2.8 oz)
- 15-20 drops [liquid Stevia](#) extract (Clear or Chocolate)
- 1 tsp [rum extract](#) or 2-4 tbsp dark rum

Coating:

- 1/3 cup [coconut oil](#), melted (73 g / 2.6 oz)
- 1/3 cup [cacao powder](#), unsweetened (28 g / 1 oz)
- 1/4 cup [Erythritol](#), powdered (40 g / 1.4 oz)

Optional: [stevia](#) to taste

Note: This recipe makes 8 popsicles - one popsicle is about 1/2 cup of the mixture. You can use [almond milk](#) instead of [coconut milk](#) but the result won't be as creamy and will contain less fat. Most [coconut milk](#) cans contain toxic BPAs - avoid them if you can. Keep in mind that a product has to be labeled "BPA-free", as manufacturers are not required to display if otherwise. I really like [Aroy-D coconut milk](#) - in my opinion, it is the best tasting and also BPA-free.

Instructions

1. Place the mascarpone, coconut milk and Erythritol into a mixing bowl. Add the chilled coffee. Instead of regular coffee, you can use [this natural caffeine-free instant coffee](#) made from roasted chicory - it's the best coffee alternative I've tried.
2. Add the rum extract and stevia.
3. Using a [hand blender](#), pulse until smooth. Scoop the mixture into [popsicle molds](#) and add popsicle sticks. Place in the freezer for 3-4

hours. Each popsicle I made is about 1/2 cup. I used both large popsicle molds (1/2 cup) and small popsicle molds (1/4 cup) and made 12 servings. Nutrition facts are calculated based on 8 large popsicle molds.

4. Prepare the chocolate coating. Add the cacao powder and powdered Erythritol to the bowl with melted coconut oil. Mix until well combined. Make sure the coating is at room temperature before you use it on the popsicles.
5. After 3-4 hours, remove from the freezer and pop the popsicles out of the molds. To prevent the popsicles from melting, I prefer to place them back in the freezer and cover them in chocolate in batches.
6. Using a spoon, cover with the melted coconut chocolate mixture. Place back in the freezer or... .. enjoy immediately!

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