

Keto Tiramisu Popsicles

Hands-on 15 minutes Overall 4 hours



Nutritional values (per serving, 1 popsicle): Total carbs: 4.3 g, Fiber: 1.3 g, **Net carbs: 3 g,**

Protein: 4.6 g, Fat: 34.6 g, Calories: 341 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/ 1.1 lb)
- 1/2 cup [coconut milk](#) *or* heavy whipping cream (120 ml/ 4 fl oz)
- 1/2 cup strong brewed coffee, chilled *or* caffeine-free options such as [Swiss water process decaf coffee](#) (120 ml/ 4 fl oz)
- 1/2 cup [powdered Erythritol](#) *or* [Swerve](#) (80 g/ 2.8 oz)
- Optional:* 15-20 drops [liquid Stevia](#) extract for more sweetness
- 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](#) *or* [Dutch process cocoa powder](#) (28 g/ 1 oz)
- 1/4 cup [powdered Erythritol](#) *or* [Swerve](#) (40 g/ 1.4 oz)
- Optional:* [stevia](#) to taste

Instructions

1. Place the mascarpone, coconut milk and Erythritol into a mixing bowl. Add the chilled coffee.
2. Add the rum extract and stevia.
3. Using a hand blender and add popsicle sticks. Place in the freezer for 3-4 hours. (Note: 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.
7. Enjoy immediately or freeze for up to 3 months.

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