

Low-Carb & Keto Coffee Creamer Five Ways

Hands-on 10 minutes Overall 1 hour



Nutritional values (per serving, 2 tbsp/ 30 ml): Total carbs: 1 g, Fiber: 0.3 g,

Net carbs: 0.7 g, Protein: 0.5 g, Fat: 8.2 g, Calories: 80 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes one 240 ml/ 8 fl oz jar)

Coffee Creamer:

1/3 cup keto condensed milk (80 ml/ 2.7 fl oz) - *recipe below*

1/4 cup heavy whipping cream (60 ml/ 2 fl oz)

1/4 cup unsweetened almond milk (60 ml/ 2 fl oz)

Keto Condensed Milk:

1/2 stick (4 tbsp) butter (57 g/ 2 oz)

2 cups heavy whipping cream (480 ml/ 16 fl oz)

2 cups unsweetened almond milk (480 ml/ 16 fl oz)

1/2 cup brown sugar substitute such as Lakanto or Sukrin Gold (80 g/ 2.8 oz)

Flavour options (per 240 ml/ 8 fl oz jar):

Chocolate: 1 tbsp raw cacao powder or Dutch process cocoa powder (5 g/ 0.2 oz)

Cinnamon: 1 tsp cinnamon

Vanilla: 1/2 tsp vanilla bean powder or 1-2 tsp sugar-free vanilla extract

Maple: 1/2 tsp sugar-free maple extract

Pumpkin pie: 1 tsp pumpkin pie spice (*you can make your own*)

Note: for dairy-free coffee creamer, use our dairy-free Keto & Paleo Condensed Milk instead of the above condensed milk recipe, and coconut milk instead of heavy whipping cream (in the coffee creamer).

Instead of brown sugar substitute, simply use Swerve or Erythritol.

Instructions

- First, prepare the low-carb condensed milk. Place the butter into a sauce pan. Cook over a medium heat until it starts to foam and brown. This will take just a few minutes and you should keep an eye on it to prevent burning. Browning the butter will enhance the flavour.
- Pour in the cream and almond milk. Don't panic when you see the

butter floating on top at first. Add the sweetener and mix until well combined.

- Bring to a boil over a medium-high heat. Once it starts simmering, turn the heat down to low. Reduce the liquid to about half of the volume. This will take 30-45 minutes. You should get 2 to 2 1/2 cups of condensed milk.
- When done, remove from the heat and set aside to cool down to room temperature. Blend using an immersion blender until smooth and creamy (this will help remove any clumps).
- To prepare the coffee creamer, pour 1/3 cup of the prepared condensed milk into an 8-oz (240 ml) jar. Add 1/4 cup (60 ml) heavy whipping cream and 1/4 cup (60 ml) unsweetened almond milk. You can repeat this step for more jars if making more flavours. Store any leftover condensed milk in a sealed jar in the fridge for up to a week.
- Add the flavouring of your choice (I like cinnamon) and cover with a lid.
- Shake until smooth and frothy. Note that it will be easier to combine if you use room temperature or warm condensed milk rather than refrigerated condensed milk.
- Pour in your coffee or tea and enjoy!
- Store the prepared creamer in the fridge in the sealed jar for up to a week.

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