

Low-Carb & Keto Spanish Cream

Hands-on 30 minutes Overall 4-5 hours

Nutritional values (per serving, 1 glass): Total carbs: 1.8 g, Fiber: 0.3 g, **Net carbs: 1.5 g,**

Protein: 5.2 g, Fat: 3.6 g, Calories: 61 kcal,

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



Ingredients (makes 6 servings)

2 1/2 cups unsweetened [almond milk](#) or any [nut or seed milk](#) of choice (I like macadamia) (600 ml/ 20.3 fl oz)

3 large eggs, separated

1/2 cup granulated [Erythritol](#) or [Swerve](#) (100 g/ 3.5 oz)

1 tsp [vanilla bean powder](#) or 2-3 tsp sugar-free [vanilla extract](#)

1 tbsp [gelatin powder](#) (11 g/ 0.4 oz)

Optional: grated [dark chocolate](#) or pinch of [cinnamon](#) on top

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Instructions

1. Prepare all the ingredients. Separate the egg whites from the egg yolks.
2. Place 1/2 cup of the milk into a small bowl and add the gelatine to bloom.
3. Place the yolks, milk and sweetener in a bowl over a pot of hot water.
4. Whisk while heating until it is smooth and thickened. Stir through the vanilla and the bloomed gelatine.
5. Cover with cling wrap pressed to the surface, and chill for 30 minutes. At this point the mixture will look runny. Don't panic, it's absolutely normal and it will firm up.
6. Whisk the egg whites until stiff and then fold them through the cooled custard.
7. Pour into one large dish that can fit in the fridge, or six individual serving glasses and chill until fully set, for approx. 4 hours.
8. Store, covered, in the refrigerator for up to 5 days.

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