

Sugar-Free Dalgona Coffee

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving, 1 glass): Total carbs: 4 g, Fiber: 0.5 g, **Net carbs: 3.5 g,**

Protein: 1.3 g, Fat: 2.2 g, Calories: 38 kcal,

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



Ingredients (makes 1 serving)

1 tbsp good quality instant coffee powder or granules

1 tbsp granulated Erythritol or Swerve (10 g/ 0.4 oz)

1 tbsp very hot water (15 ml)

3/4 cup unsweetened almond milk or cashew milk (180 ml/ 6 fl oz
ml)

Optional: 2-4 ice cubes

Optional: pinch of cinnamon or vanilla powder

Instructions

1. Place the coffee, sweetener and hot water into the bowl of a mixer.

It's easier to make 2 to 3 servings at a time but you can whip up just one.

2. Mix on low for a minute to dissolve the sweetener (or use powdered sweetener if you want to be sure). You can optionally add cinnamon or vanilla.

3. Mix on high for up to 5 minutes until the mixture becomes light brown in colour and thick and fluffy in texture.

4. Get your glasses of iced almond milk ready and fill them about 3/4 high. I have found that the foam dissipates quite fast so have everything ready to go as soon as it is ready.

5. Spoon the coffee foam on top of the milk and serve with a spoon to either scoop it out and eat or to stir the foam through the milk.

6. Dalgona should be consumed immediately.

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