

Low-Carb Hot Buttered Rum Mix

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving, 1 tbsp/ 15 g/ 0.5 oz): Total carbs: 1 g, Fiber: 0.6 g,

Net carbs: 0.4 g, Protein: 0.1 g, Fat: 7.7 g, Calories: 71 kcal,

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



Ingredients (makes 28 servings)

- 2 sticks unsalted butter, softened (226 g/ 8 oz)
- 1 cup brown sugar substitute such as [Sukrin Gold](#) or Golden Monk Fruit (160 g/ 5.6 oz)
- 2 tbsp [sugar-free maple flavored syrup](#) such as Lakanto (30 g/ 1.1 oz) or 1/2 to 1 tsp sugar-free [maple extract](#)
- 1 tsp vanilla
- 2 tsp [cinnamon](#)
- 2 tsp nutmeg
- 1/4 tsp ground cardamom
- 1/2 tsp ginger

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Instructions

1. Leave the butter at room temperature for 30 minutes to soften.
2. Add the butter and sweetener to your stand mixer bowl and cream until they are light and fluffy.
3. Add the vanilla, the spices and the sugar-free maple syrup and beat for about 1 minute until smooth.
4. Transfer mix to a lidded jar. Store in the fridge until ready to use.
5. To make a hot buttered rum place the spiced butter into a jug and add the boiling water. Whisk to combine and then add the rum. Pour into a serving glass or mug and enjoy.
6. Store in the lidded jar in the fridge for up 2 weeks, or freeze in an ice cube tray in individual portions for up to 6 months.
7. Tip: You can optionally blitz everything in a blender to make it smooth and extra frothy!

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