

Low-Carb Mocha Dalgona Coffee

Hands-on 5 minutes Overall 10 minutes



Nutritional values (per serving, 1 glass): Total carbs: 7.4 g, Fiber: 2.5 g, **Net carbs: 4.9 g,**

Protein: 2.3 g, Fat: 2.9 g, Calories: 51 kcal,

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

Ingredients (makes 2 servings)

- 2 tbsp good quality instant coffee powder *or* granules
- 3 tbsp [powdered Erythritol](#) *or* [Swerve](#) (30 g/ 1.1 oz)
- 2 tbsp very hot water (30 ml)
- 1 1/2 cups unsweetened [almond milk](#) *or* cashew milk (360 ml/ 12 fl oz ml)
- 2 tbsp [cacao powder](#) *or* [Dutch process cocoa powder](#) (11 g/ 0.4 oz)
- 4-8 ice cubes

Optional: pinch of [cinnamon](#) *or* [vanilla powder](#)

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Instructions

1. Place the coffee, 2 tablespoons of sweetener and hot water into the bowl of a mixer.
2. Mix on low for a minute to dissolve the sweetener. Mix on high for up to 5 minutes.
3. Once ready, the the mixture becomes light brown in colour and thick and fluffy in texture.
4. Meanwhile, mix the almond milk with cacao powder and the remaining sweetener. You can use a shaker bottle or a blender to get the milk nice and frothy. Optionally, add a pinch of cinnamon or vanilla.
5. Fill each glass ice and then with the chocolate milk until about 3/4 full. I have found that the foam dissipates quite fast so have everything ready to go as soon as it is ready.
6. Spoon the coffee foam on top of the chocolate milk.
7. Serve with a spoon or a straw to stir the foam through the milk. Dalgona should be consumed immediately.

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