

Low-Carb Spanish Horchata

Hands-on 5 minutes Overall 2 hours

Nutritional values (per serving, 1 cup): Total carbs: 7.4 g, Fiber: 1.1 g, **Net carbs: 6.3 g,**

Protein: 2.1 g, Fat: 19 g, Calories: 195 kcal,

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



Ingredients (makes 6 cups)

4 cups tigernut milk (960 ml/ 32 fl oz)

2 cups [coconut milk](#) (480 ml/ 16 fl oz) - *I like [Aroy-D](#)*

2 [cinnamon sticks](#)

pinch ground [cinnamon](#)

ice

Optional: 2-4 tbsp [powdered Erythritol](#) or [liquid Stevia](#) to taste

Instructions

1. Prepare the tigernut milk a day in advance by [following these instructions](#). Mix 4 cups of tigernut milk with 2 cups of coconut milk and sweetener (if used). Stir until the sweetener is dissolved and pour in a jug. Add cinnamon sticks and place in a fridge. Let it infuse for at least 2 hours or overnight.
2. Serve over ice and sprinkle with some cinnamon. Keep refrigerated and use within one week.

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