

# Strawberry Keto Popsicles

Hands-on 10 minutes Overall 3-4 hours

**Nutritional values (per serving):** Total carbs: 4.5 g, Fiber: 0.8 g, **Net carbs: 3.7 g,**

Protein: 2.6 g, Fat: 22.5 g, Calories: 235 kcal,

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



## Ingredients (makes 8 servings)

- 2 cups strawberries, fresh or frozen (300 g/ 10.6 oz)
- 1 cup mascarpone *or* [creamed coconut milk](#) (250 g/ 8.8 oz)
- 1 cup heavy whipping cream *or* [coconut milk](#) (240 ml/ 8 fl oz)
- 1/4 cup [powdered Erythritol](#) *or* [Swerve](#) (40 g / 1.4 oz) - *sweetener can be omitted*
- 2 tsp sugar-free [vanilla extract](#) *or* 1 teaspoon [vanilla powder](#)

*Optional:* 10-15 drops [liquid Stevia](#) extract

*Note: This recipe makes 8 popsicles - one popsicle is about 1/2 cup of the mixture. You can skip the sweetener if you like or use just a few drops of [stevia](#).*

## Instructions

1. Remove the green parts of the strawberries and place [into a blender](#) together with the mascarpone, coconut milk, Erythritol and vanilla.
2. Pulse until smooth.
3. Pour the mixture into [popsicle molds](#) and add [popsicle sticks](#). Place in the freezer for 3-4 hours. *Each popsicle I made is about 1/2 cup. I used both large popsicle molds (1/2 cup) and small popsicle molds (1/4 cup) and made 12 servings. Nutrition facts are calculated based on 8 large popsicle molds.*
4. After 3-4 hours, remove from the freezer, pop the popsicles out of the molds and place in an airtight container. Store for up to 3 months - if you can resist the temptation :-)

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