

The Best Keto White Chocolate

Hands-on 10 minutes Overall 1 hour 30 minutes

Nutritional values (per 1 oz/ 29 g): Total carbs: 1.9 g, Fiber: 0 g, **Net carbs: 1.8 g,**

Protein: 0.7 g, Fat: 20.8 g, Calories: 194 kcal,

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



Ingredients (makes about 12.4 oz/ 350 g)

170 g cacao butter (6 oz)

1/2 cup sweetened keto condensed milk (120 g/ 4.2 oz)

1/2 cup coconut milk powder (60 g/ 2.1 oz)

1 tsp vanilla bean powder or 2 tsp sugar-free vanilla extract

Optional: few drops of liquid stevia to taste

Optional: 1/2 tsp sunflower lecithin powder if you plan to bake with it

Note: Sunflower lecithin acts as a stabiliser and will keep the chocolate from separating if you plan to use it for baking. If you can get allulose, use powdered allulose instead of the Erythritol (you can use a coffee grinder to do that). It will result is smooth texture without any cooling aftertaste.

Instructions

1. Melt the cacao butter in a double boiler, or heat-proof bowl placed over a small saucepan filled with 1 cup of water, over medium heat. Once melted, set aside.
2. Gently heat up the keto condensed milk (in a microwave or in a small sauce pan). Pour it in a bowl and add the coconut milk powder, vanilla powder (or vanilla extract), and salt. Mix using a spoon until well combined.
3. Pour it in a blender or food processor and add melted cacao butter and sunflower lecithin (if using). Process for a few seconds, until smooth and well combined.
4. Pour into candy or chocolate molds (you can find some great ones on Amazon) and let the chocolate harden in the refrigerator. *Tip for an extra nutritional boost: Swap 1/4 cup (30 g/1.1 oz) of coconut milk powder for lucuma powder. Lucuma is an anti-inflammatory superfood that will add natural sweetness to the chocolate, and make it creamier.*
5. Once solid, remove from the molds. Store refrigerated for up to a week, or freeze for up to 3 months. *Do not keep at room*

temperature. Enjoy!

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