

The Best Keto White Chocolate

Hands-on 10 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, 1 oz/ 28 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 350 g/ 12.4 oz)

170 g [cacao butter](#) (6 oz)

1/2 cup sweetened homemade [Keto Condensed Milk](#) or [Dairy-Free Keto Condensed Milk](#) (120 ml/ 4 fl oz)

1/2 cup [coconut milk powder](#) or [heavy cream powder](#) (60 g/ 2.1 oz)

1 tsp [vanilla bean powder](#) or 2 tsp sugar-free [vanilla extract](#)

Optional: pinch of salt and few drops of [liquid stevia](#) to taste

Optional: 1/2 tsp [sunflower lecithin powder](#) if you plan to bake with it

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Instructions

1. Prepare the [Dairy-Free Keto Condensed Milk](#) (uses coconut milk) or [Keto Condensed Milk](#) (uses cream) and set aside.
2. 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.
3. 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 optionally a pinch of salt. If you plan to bake with it, add 1/2 tsp sunflower lecithin powder. Mix using a spoon until well combined.
4. 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.
5. Pour into candy or chocolate molds and let the chocolate harden in the refrigerator. (I added some lucuma powder, that's why they have a yellow hue. Check the intro for more information.)
6. 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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