

Keto Irish Cream

12 servings

2/3 cup sweetener of choice (I like Monkfruit)
1 tablespoon dark, unsweetened cocoa powder
1 teaspoon instant espresso powder
2 cups heavy cream
1 1/2 cups Irish whiskey (I used Jameson)
1/2 teaspoon vanilla extract
1 teaspoon almond extract

Place the sweetener, cocoa powder and espresso into a small pan. Whisk to mix.

Slowly whisk in the cream.

Place the pan on the stove, at medium heat, and bring to a simmer. Reduce the heat and simmer for about 10 minutes, stirring constantly. Make sure all of the cocoa powder and sweetener are dissolved.

Mix the whiskey with the vanilla and almond extract. Mix with the cream and cocoa powder mixture.

Cool down completely. Strain the liquid in a fine sieve to get rid of the thin crust that forms on top.

Transfer to a bottle and refrigerate. This will keep for about 2 weeks.

Enjoy responsibly!

Calories 173.674 kcal, Fat, Total 13.765 g, Saturated Fat 6.887 g, Sugar, Total 0.045 g, Total Carbohydrate 0.359 g, Protein 0.085 g, Cholesterol 45.714 mg, Trans Fatty Acid 0.000 g, Sodium 11.702 mg,