

Keto Maple Syrup

1 cup warm water
1/2 teaspoon Xanthan gum
1 cup sweetener - preferably brown or golden (Swerve or Monk Fruit)
1 1/2 tablespoons maple extract
1 teaspoon butter extract or vanilla extract (optional)

Place 1/2 cup of the water in a small bowl.

Add the Xanthan gum and whisk vigorously. Don't worry if you have small specs. They will dissolve in the pot.

Add the remaining water in a small pot. Add the sweetener and stir until it dissolves. Add the extracts and mix.

Slowly add the Xanthan gum. It will have turned into a gel. Mix until your syrup thickens.