GLOBAL · DESSERT · SNACK

Sugar-Free Keto Milk Chocolate Bars (Dairy-Free)

20 min · plus chilling until set | Makes 14 × 1 small bar (25 g) | 129 kcal a portion

Video 8:04 · lowcarbrecipeideas

Vegan | Gluten-free ingredients

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Cocoa, cocoa butter and coconut sweetened with allulose: no added sugar and under 2 g net carbs in each small bar.

Diet notes: Keto (1.7 g net carbs a serve).

Ingredients

7 · MAKES 14 × 1 SMALL BAR (25 G)

- [ ] 120 g **cocoa butter**
- [ ] 8¾ tbsp (70 g) **powdered allulose**
- [ ] 6 tbsp (40 g) **unsweetened coconut milk powder**
- [ ] ¼ tsp **salt** (optional)
- [ ] 9½ tbsp (70 g) **unsweetened cocoa powder**
- [ ] **roasted pecans**, to top (optional, about 25 g)
- [ ] **roasted almonds**, to top (optional, about 25 g)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Have your silicone chocolate molds ready — a classic bar mold, a small bar mold or a square mold. 0:50
2. Set a glass or steel bowl over a pan with about 2.5 cm of simmering water and melt the cocoa butter in it, stirring now and then. 1:05
3. Add the powdered allulose and stir until it partly dissolves; sweetener never fully melts in fat, so use the finest powder you can. 1:35
4. Stir in the coconut milk powder and the salt. 2:20
5. Turn off the heat, add the cocoa powder and mix until smooth. Lift the bowl off and keep stirring (pouring it into a jug helps) until it is just lukewarm. 2:45
6. Pour into the molds, tap them a few times to level, and press roasted nuts on top of some while still liquid. 3:50
7. Chill in the fridge or freezer until set, then pop the chocolates out of the molds. Wrap them and keep in the fridge or freezer — they soften at room temperature. 5:22

> **Tip** Coconut oil or butter can replace the cocoa butter, and powdered erythritol or monk fruit the allulose. Heavy-cream powder works instead of coconut milk powder but is not dairy-free. The cook topped a few with unsweetened dried cranberries.

The method is a summary in our words — the video shows every step.

One portion, 1 small bar (25 g), gives you

1 OF 14 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
129 kcal	1.7 g	4.2 g	2.5 g	13 g	40 mg
540 kJ	3% of a day	1.7 g net · 0.5 g sugars	9% of a day	7.3 g saturated	2% of a day
		2% of a day		17% of a day	

Energy from net carbs 5% · protein 5% · fat 90% — fits keto: 1.7 g net carbs, 90% of the energy from fat

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=z3kWe0bRwFk, published 22 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-keto-milk-chocolate-bars