GLOBAL · DESSERT

Keto Cappuccino Ice Cream Bars with Almond Crust

45 min · plus 4 hours to overnight freezing Makes 9 × 1 bar 241 kcal a portion

Video 3:45 · ketoserts

Vegetarian Gluten-free ingredients

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Almond-flour crust and cream-cheese filling sweetened with monk fruit instead of sugar: about 3 g net carbs a bar and no added sugar.

Diet notes: Keto (3.2 g net carbs a serve).

Ingredients

13 · MAKES 9 × 1 BAR

- [ ] 3 tbsp (3 tbsp) **hot heavy whipping cream**, for the cappuccino
- [ ] 1–2 tsp (1.5–3 g) **instant espresso powder**, for the cappuccino
- [ ] ½ tbsp (4 g) **unsweetened cocoa powder**, for the cappuccino
- [ ] ¾ cup **blanched almond flour**
- [ ] 3 tbsp (1¼ oz) **monk fruit sweetener** (Lakanto)
- [ ] 2 tbsp (½ oz) **unsweetened cocoa powder**, for the crust
- [ ] 1 tsp (1.5 g) **instant espresso powder**, for the crust
- [ ] 3 tbsp (1½ oz) **salted butter**, melted
- [ ] 1 large **egg white**, at room temperature
- [ ] 8 oz **cream cheese**, at room temperature
- [ ] ½ cup **powdered sweetener**
- [ ] 1 tsp (1 tsp) **vanilla extract**
- [ ] ½ cup **chilled heavy whipping cream**

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Make the cappuccino: stir the hot cream with the espresso powder and ½ tbsp cocoa until dissolved. Refrigerate until needed. 0:19
2. For the crust, mix the almond flour, monk fruit sweetener, 2 tbsp cocoa and 1 tsp espresso powder, then stir in the melted butter and the egg white to a dough. 0:48
3. Line a 5 inch square pan with baking paper, press the dough in evenly and bake at 325°F for 15 minutes. Let it cool completely. 1:32
4. Beat the softened cream cheese with the powdered sweetener and vanilla until smooth. 1:51
5. Add the chilled cream and beat until thick and fluffy. 2:18
6. Spread half of the cream cheese mixture over the cooled crust. 2:35
7. Mix the cappuccino into the remaining filling and spread it on top as a second layer. 2:48
8. Freeze at least 4 hours, ideally overnight, then cut into 9 bars. 3:15

> **Tip** Use 1 tsp espresso powder in the cappuccino layer for a milder coffee taste, or 2 tsp for a stronger one.

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

One portion (1 bar) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
241 kcal	**4.6** g	**4.9** g	**1.7** g	**24** g	**130** mg
1,010 kJ	9% of a day	3.2 g net · 1.8 g sugars	6% of a day	12 g saturated	5% of a day
		2% of a day		30% of a day	

Energy from net carbs 5% · protein 7% · fat 88% — fits keto: 3.2 g net carbs, 88% of the energy from fat

High in (20%+ of a day) Vitamin A 21%

Source of (10–19%) Vitamin E 18%

Recipe and video: ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=wMf8f5L7Tgw, published 21 May 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/keto-cappuccino-ice-cream-bars-almond-crust