

Make your own delicious Keto Golden Syrup. It's so easy, versatile and it keeps for months!

Servings - 24

Prep Time - 5 Mins Cook Time - 1 Hr Total Time - 1 Hr 5 Mins

Difficulty - Easy



Cuisine - British

RECIPE

KETO GOLDEN SYRUP

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Non Stick Large Saucepan](#)

[Spatula](#)

[Cooking / Jam Thermometer](#)

[Lemon/Fruit Juicer](#)

[Clip Top Glass Jar](#)

INGREDIENTS

1 1/4 cups water

[1 Cup Powdered Stevia/Erythritol blend sweetener](#)

[1 Cup Allulose Sweetener \(powdered\)](#)

[2 Cups Powdered Monk-Fruit/Erythritol blend sweetener](#)

4 Tsp Lemon juice

METHOD

Place the sweetener and water in a large saucepan. Stir constantly until the mix comes to a boil and keep stirring until the sweeter is completely dissolved.

Once the sweetener is dissolved, stir in the lemon juice.

Reduce the heat to low and simmer gently leaving the saucepan uncovered.

Let the syrup simmer without stirring further on a very low heat for 40-60 minutes until the sugar is a rich amber color. The temperature should be between 240-250°F.

Turn off the heat and pour the syrup into a glass jar and let it cool completely before closing the jar with a tight sealing lid.

Store your golden syrup at room temperature where it will keep for several months.

SERVING SUGGESTIONS

Use where you would normally use golden syrup in cooking and as a sauce.

STORAGE

Store in an airtight jar at room temperature and it will keep for several months. Once opened, store in the fridge. I usually use a few jars as you only run the risk of

losing a small amount of syrup should you open one and not use it for a while.

NUTRITION FACTS

Per serving : 22 g | Calories 18 | Protein 0 g | Fat 0 g | Carbs 0.5 g | Fiber 0 g

Net Carbs : 0.5 g

LOW CARB - KETO - SUGAR FREE - DAIRY FREE - GLUTEN FREE - VEGETARIAN - VEGAN

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