

This American buttercream frosting is ultra creamy. A cup cake isn't a cup cake without our Keto Creamy Vanilla Butter Frosting.

Servings - 12

**Prep Time - 15 Mins | Cook Time - N/A | Total Time - 15 Mins**

Difficulty - Easy



Cuisine - American

## RECIPE

# KETO CREAMY VANILLA BUTTER FROSTING

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Coffee Grinder](#)

[Hand Mixer Electric](#)

[Large Sharp Knife](#)

[Non Stick Medium Saucepan](#)

[Spatula](#)

[Glass Jars with Lids](#)

# INGREDIENTS

140 g unsalted Butter at room temperature

[140 g Mascarpone Cheese](#)

[Pinch of Himalayan Salt \(Ground\)](#)

[1/2 Cup Monk-Fruit/Erythritol blend sweetener](#)

[2 Tsp Vanilla Extract](#)

# METHOD

Add the butter and cream cheese to a large bowl.

Beat the mixture until evenly combined, about 2 minutes using an electric mixer.

Add the salt and sweetener a little at a time, and continue to beat until pale and fluffy. (If you don't have powdered sweetener you can grind your own using a coffee grinder).

You can add extra sweetener if required. Add vanilla extract and beat until smooth.

# SERVING SUGGESTIONS

This Keto Creamy Vanilla Butter Frosting version is perfect for carrot cake and cupcakes.

# STORAGE

Store in an airtight container and refrigerate for up to 10 days.

# NUTRITION FACTS

Per serving : 34 g | Calories 105 | Protein 1.3 g | Fat 10.8 g | Carbs 1.2 g | Fiber 0.3 g

Net Carbs : 0.9 g

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

For more delicious recipes visit the recipe section of our website at:

<https://www.forhealthandlonglife.com/recipes>