

Dreamsicle Creme Pudding - Keto

Basic Vanilla Recipe (leave out orange extract)

- 2 cups heavy whipping cream
 - 1 cup hot water
 - 1 packet unflavored gelatin
 - 3-4 TBSP Monk fruit erythritol blend sweetener (depends on your sweet tooth)
 - 2 tspn pure vanilla extract
 - 1 tspn orange extract
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1. Heat cream, sweetener, extracts on low, stirring frequently.
 2. Heat water in a cup or bowl & stir in gelatin gradually until dissolved and lump-free.
 3. Combine & stir together.
 4. Ladle into ramekins.
 5. Chill in refrigerator for 4 hours.
 6. Serve with whipped cream.

Delicious!