

This is the perfect Keto Milk Chocolate Buttercream Frosting. You are going to love it.

Servings - 12 cupcakes

#### Prep Time - 20 Mins | Cook Time - N/A - Total Time - 20 Mins

Difficulty - Easy



Cuisine - French

# RECIPE KETO MILK CHOCOLATE BUTTERCREAM 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**

60 g Baker's Unsweetened Baking Chocolate

1 Tbsp Coconut Oil

120 g Butter softened

90 g Mascarpone Cheese

1/2 Cup Powdered Stevia/Erythritol blend sweetener

2 Tbsp Sugar Free Cacao Powder

1 Tsp Vanilla Extract

1/2 Cup Double/Heavy Cream

### **METHOD**

Combine the chocolate chips with the coconut oil in a microwave bowl. Melt in the microwave. It is best to do this in 30 second increments, as it needs stirring in between the cooking times, until it becomes smooth. Set aside to cool.

Using an electric mixer, beat the butter and cream cheese together in a large bowl until smooth and then add the powdered sweetener and the cocoa powder and beat until well combined. Add the melted chocolate and vanilla extract and beat until smooth. The mixture will be very thick at this point.

Make sure to add the cream a few tablespoons at a time until a spreadable consistency is achieved, as you do not want the frosting to be runny.

### SERVING SUGGESTIONS

Great for brownies, cakes, cookies, and cupcakes.

## **STORAGE**

Store in the fridge in an airtight container for up to 14 days.

# **NUTRITION FACTS**

Per serving: 41 g | Calories 130 | Protein 2 g | Fat 13.3 g | Carbs 2.6 g | Fiber 1.4 g

Net Carbs: 1.3 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