

Keto Iced Coffee: Low Carb Salted Caramel Cold Brew with MCTs



Prep Time

3 minutes

Total Time

3 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

A spoon



Nutrition

109 Calories

10g Fat

1g Protein

3g Net Carbs

Ingredients

- 1 cup cold brew coffee
- 1 cup of unsweetened almond milk
- 1 tbsp Natural Force Caramel Keto Coffee Creamer
- 1 tsp Lakanto Maple Flavored Sugar-Free Syrup (optional)
- dash of cinnamon
- pinch of sea salt
- 2-3 ice cubes

Instructions

1. In a glass, mason jar, or insulated travel mug, combine all ingredients and mix with a spoon until evenly combined.
2. Serve immediately. Enjoy!