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# Keto Cocoa with Meringues

2g net carbs per serving - 139 calories



Low Carbe Diem  
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Servings: 1

1/3 c coconut milk, unsweetened

1/4 c water

2 tsp cocoa powder

1/4 tsp cinnamon

1/4 tsp vanilla extract

Whisk all ingredients together in a mug until cocoa and cinnamon are completely blended.

Microwave 30 to 60 seconds, or until hot. Stir well before serving or use a mini-frother.

Optional: Top piping hot cocoa with flavored Meringue Keto Cookies for a creamy layer of froth.

(Add 4 calories and 0.1g net carb for each meringue.)

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Per Serving: 139 Calories; 19g Fat (90.6% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber.