

Homemade Sugar-Free Condensed Milk with 3 Ingredients

Description

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Making your own sugar-free condensed milk at home is easier than you think! With just three simple ingredients, you can create a creamy, versatile, and healthier alternative to store-bought condensed milk. This recipe is perfect for desserts, coffee, or any dish that calls for condensed milk, and it's tailored for those looking to reduce their sugar intake without compromising on flavor.

Ingredients:

- 2 cups whole milk or unsweetened almond milk
- 1/2 cup powdered erythritol (or any sugar-free sweetener of your choice)
- 2 tablespoons unsalted butter (for creaminess)

Instructions:

Heat the milk:

Pour the milk into a medium-sized saucepan and place it over medium heat.

Add the sweetener:

Stir in the powdered erythritol or sugar-free sweetener until fully dissolved.

Simmer:

Reduce the heat to low and let the mixture simmer gently. Stir occasionally to prevent the milk from scorching.

Continue simmering for 25-30 minutes, or until the mixture reduces to about half its original volume and thickens slightly.

Add the butter:

Once the milk has thickened, stir in the butter until melted and fully incorporated. This will add richness and a silky texture.

Cool and store:

Remove the saucepan from heat and let the condensed milk cool to room temperature. It will thicken further as it cools.

Transfer the homemade condensed milk to a clean jar or airtight container and store it in the refrigerator for up to 1 week.

Tips:

- **Dairy-free option:** Use coconut milk instead of whole milk for a dairy-free version.
- **Sweetener alternatives:** Monk fruit sweetener or stevia can also be used, but adjust the quantity to taste.
- **Thicker consistency:** If you prefer a thicker condensed milk, simmer it for a longer time.
- **Flavoring:** Add a teaspoon of vanilla extract for an extra layer of flavor.

Conclusion:

This sugar-free condensed milk is a game-changer for anyone looking to enjoy creamy, sweet recipes without added sugar. It's quick, easy, and customizable, making it an excellent staple for a healthier kitchen. Use it in your favorite desserts, beverages, or as a drizzle over pancakes and fruit. Enjoy the creamy goodness guilt-free!

Category

1. Grandma Recipes

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