



Homemade Sugar-Free Condensed Milk with 3 Ingredients

Description

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Creating a healthier version of sweetened condensed milk at home is both simple and rewarding. This sugar-free alternative is perfect for those looking to reduce their sugar intake without compromising on taste or texture.

Ingredients:

- 1 cup nonfat powdered milk
- 2 tablespoons sweetener (such as stevia, erythritol, or monk fruit)
- 1/2 cup hot water
- 1 tablespoon unsalted butter

Instructions:

1. In a blender, add the powdered milk, sweetener, hot water, and unsalted butter.
Blend Thoroughly:
2. Blend the mixture on medium-high speed for about 2-3 minutes until smooth and well combined.
Achieve Uniform Texture:
4. Continue blending for an additional 5 minutes to ensure a uniform consistency. Note that the mixture may appear slightly liquid at this stage; this is normal.
Chill to Set:
5. Transfer the mixture to a clean container or jar.
Refrigerate for 2-3 hours, allowing the condensed milk to thicken to the desired consistency. This homemade sugar-free condensed milk can be used in various desserts and beverages, offering a versatile and healthier substitute for traditional sweetened condensed milk.

Category

1. High Protein Recipes

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