



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Almond Praline Clusters

1g NET Carbs (Low Carb Keto)

Absolutely delicious! Very sweet Treat to help crave to desire for sweets. Very easy and simple to make.
Great Frozen.



1g Carbs

NUTRITION

Yields 12 servings – serving size = 1

Serving Size: 1 Praline / Calories: 182 / Fat: 20 /

Carbohydrates: 1.5 / Fiber: .5 / Protein: 1

INGREDIENTS

- 1 cup pecans
- 1 stick salted butter, cut into pieces
- 1/3 cup MonkFruit

- 125mL heavy whipping cream
- 1 teaspoon vanilla extract
- 1 teaspoon maple extract

Instructions:

1. Add Heavy Whipping Cream to Pan, on Medium Heat. Keep Stirring, it should be a slight boil, refer to Video for Visal.
2. Cut Butter into 6 equal pieces, add 5 pieces to pan.
3. Once mixture starts to boil add monkfruit, remember to always be stirring.
4. Once mixture turns to a Carmal Color and texture becomes thicker add vanilla and maple extract. Stir until all becomes will blended. (Optional to use both).
5. Add Almonds and stir until mixture as a thick texture. (Refer to Video for Visal.)
6. Add a heaping Tablespoon to a paper Cupcake cup.
7. Refrigerate for serval hours, for best results over night. Enjoy!