



🕒 5 m | Easy

# Whipped dairy-free low-carb (Dalgona) coffee

This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

⚙️ [SHOW DETAILS](#)

ACCEPT ALL

ONLY NECESSARY






Greece, and beaten coffee in India, you'll soon know it as a quick and refreshing iced coffee treat.

USMetric 2 servings

## Ingredients

- 1½ tbsp espresso instant coffee powder
- 1½ tbsp erythritol
- 2 tbsp hot, or boiled water
- 1 tsp vanilla extract (optional)
- 1½ cups unsweetened almond milk or coconut milk
- ½ cup ice cubes

 Nutrition +

Recipe by Kristie Sullivan, PhD , photo by Naomi Sherman , nutritional review by Franziska Spritzler, RD, CDE 

 **Test kitchen**

Kristie Sullivan  
Spritzler,  
RD, DD+ MEMBERSHIP  
CDE

Naomi Sherman

 Franziska Spritzler, RD, CDE **Franziska Spritzler, RD**  
Registered Dietitian

## Looking for a diet that works for you?

This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

 [SHOW DETAILS](#)

[ACCEPT ALL](#)

[ONLY NECESSARY](#)



Male

Other

Recipes › Desserts › Whipped dairy-free low-carb (Dalgona) coffee

## Instructions

1. For the whipped topping, use either a whisk, handheld frother, or immersion blender with a whisk attachment (the whipping time will be slightly longer using the first two methods).
2. Stir together the espresso powder, erythritol, and hot water in a pint-sized glass jar, or a narrow glass.
3. Insert the immersion blender into the glass, and over high speed, whisk for about 3 minutes. As the dark, coffee mixture is whipped, it will double in volume and become a light brown, whipped cream.
4. Fill a large glass with ice, about  $\frac{2}{3}$  full. Pour in the almond milk, vanilla extract, and mix together.
5. Spoon the whipped coffee on top, and stir together just before serving.

1-Min Recipe • How to make low-carb whipped coffee...



This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

 [SHOW DETAILS](#)

[ACCEPT ALL](#)

[ONLY NECESSARY](#)



You might also like

DD+ MEMBERSHIP

Get your **personalized meal plan** with a FREE 30-day trial!

What's your main health goal?

Lose weight

Feel great



This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

[SHOW DETAILS](#)

[ACCEPT ALL](#)

[ONLY NECESSARY](#)



## Meal plans that work

Want to lose weight and improve your health? Try a ketogenic (keto), low-carb, or high-protein diet. Stay on track by following our nutritionally reviewed meal plans.

---

This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

 [SHOW DETAILS](#)

ACCEPT ALL

ONLY NECESSARY



## 1,227 low-carb recipes

Whether you're looking for high-protein, strict keto, or liberal low-carb recipes, here you'll find tons of tasty recipes to choose from. Discover our wide range of healthy recipes.

---

This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

 [SHOW DETAILS](#)

ACCEPT ALL

ONLY NECESSARY



## Our food policy

There are many thoughts and ideas about what foods are and aren't part of a healthy diet. Learn more about what foods you can expect from our recipes.

---



## Have you tried this recipe?

What did you think? Please share your thoughts in the comment section below!

---

This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

 [SHOW DETAILS](#)

[ACCEPT ALL](#)

[ONLY NECESSARY](#)



This website uses cookies to improve your experience. By interacting with it, you agree to our terms. [Read more](#)

 [SHOW DETAILS](#)

ACCEPT ALL

ONLY NECESSARY

