



PREP: 10 min +
chill
COOK:
SERVES: 16-20

Keto Christmas Rum Balls

Have a Keto Christmas with our delicious keto-friendly rum balls. Sugar free but still classically sweet thanks to our sugar free maple flavoured syrup.

Ingredients

2 tbsp (20g) cocoa powder
1 cup almond meal
1/3 cup (55g) coconut flour
1/2 cup (35g) shredded coconut
1/4 cup (60ml) coconut oil, melted
1/4 cup (60ml) rum
1/4 cup (60ml) double/dollop thick cream (or sour cream)
2 tsp Queen Finest Madagascar Pure Vanilla Extract
5 tbsp (100ml/g) Sugar Free Original Maple Flavoured Syrup
Additional shredded coconut, to roll

Method

STEP 1

Combine cocoa, almond meal, coconut flour, shredded coconut in a large bowl. Mix to combine.

STEP 2

Add coconut oil, rum, cream, Vanilla Extract and Sugar Free Original Maple Flavoured Syrup to dry ingredients and mix to form a roll-able dough.

STEP 3

Roll into balls and roll in shredded coconut to coat. Chill for 30-60 minutes before enjoying!

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