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Description

This homemade sugar-free condensed milk delivers all the velvety, rich sweetness of the classic pantry staple without any of the added sugars. Simmering whole milk or a dairy-free high-protein alternative with a zero-calorie sweetener creates a luscious, syrupy texture that coats the spoon. It is an absolute game-changer for anyone seeking high-protein and low-carb treats that satisfy sweet cravings guilt-free.

Can This Sugar-Free Condensed Milk Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by eliminating refined sugars and empty liquid calories while offering a protein-forward dairy base. Swapping traditional cane sugar for natural sweeteners drastically reduces the overall calorie density, helping you maintain a calorie deficit without sacrificing your favorite sweet recipes or comforting coffee creamers.

Does Sugar-Free Condensed Milk Fit a High-Protein Lifestyle?

This recipe fits a high-protein lifestyle exceptionally well, especially when prepared using

ultra-filtered milk or protein-enriched plant milks. With practically zero net carbs from added sugars and a boost of natural dairy protein, it provides a macro-friendly way to enrich your daily shakes and treats. It blends seamlessly into high-protein meal plans without kicking you out of ketosis or spiking your blood sugar.

My Personal Experience

- Coffee Routine Upgrade: Swirling this thick, velvety sweetness into my morning iced coffee completely transformed my routine without any sugar crashes. It blends smoothly into cold liquids unlike dry powdered sweeteners.

- Baking Savior: Using this in low-carb dessert recipes gave my treats the exact gooey texture and moisture they usually lack. It saves me from spending extra money on expensive store-bought keto specialty products.

Perfect For:

- Keto & Low-Carb Dessert Recipes: Ideal for creating fudge, fat bombs, and creamy puddings without the extra carbohydrate load.

- High-Protein Snacks & Treats: Perfect for drizzling over protein brownies, pancakes, or bowls of Greek yogurt.

- High-Protein Breakfast Drinks: Excellent for sweetening iced lattes, protein coffees, and smoothies to kickstart your morning.

Why You’ll Love This Recipe:

- Rich, Velvety Texture: Simmering down the milk creates a thick, luxurious consistency that mimics traditional condensed milk perfectly. It coats baked goods and drinks with a rich, decadent mouthfeel.

- Zero Sugar, Full Flavor: You get all the decadent sweetness you crave with none of the metabolic drawbacks. It keeps your daily macros completely clean and aligned with your fitness goals.

Common Mistakes to Avoid:

1. Using Granulated Sweetener Instead of Powdered: Granulated sweeteners can crystallize as the milk reduces, leaving a grainy texture instead of a smooth finish.

2. Turning the Heat Too High: Boiling the milk aggressively will cause it to scorch or curdle at the bottom of the pan; keep the heat at a gentle simmer.

3. Skipping the Constant Stirring: Leaving the pot unattended toward the end of the cooking time can lead to burnt spots and an uneven consistency.

4. Not Allowing It to Cool Fully: Tasting or storing the mixture while piping hot is misleading, as it thickens significantly more as it cools down in the jar.

Required Equipment:

- Heavy-Bottomed Saucepan: Distributes heat evenly to prevent the milk from scorching during the long simmer.

- Whisk: Ensures the powdered sweetener and protein powder blend smoothly without clumping into the warm milk.

- Glass Mason Jar with Airtight Lid: Keeps the condensed milk sealed securely and maintains freshness in the refrigerator.

Storage Instructions:

Store your homemade condensed milk in an airtight glass mason jar in the refrigerator for up to 2 weeks to keep the dairy fresh and flavorful. For longer storage, freeze it in silicone ice cube trays for up to 3 months; thaw individual portions in the fridge overnight before using.

Recipe Details

- Preparation Time: 5 minutes

- Cooking Time: 25 minutes
- Total Time: 30 minutes
- Servings: 10 (approx. 2 tablespoons per serving)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): Approximately 45 kcal

A rich, velvety dairy reduction sweetened naturally without sugar. This low-carb staple delivers creamy sweetness with an optional protein boost for your favorite treats.

 Ingredients:

- 2 cups Ultra-filtered whole milk or high-protein plant milk *(Note: Ultra-filtered milk naturally increases protein content and reduces natural sugars)*
- 1/2 cup Powdered erythritol or allulose blend sweetener *(Note: Powdered texture ensures a smooth, non-gritty finish)*
- 2 tbsp Unflavored or vanilla whey protein isolate powder *(Optional, high-protein boost; whisk thoroughly)*
- 1 tbsp Unsalted butter
- 1 tsp Pure vanilla extract
- A tiny pinch Sea salt

Directions:

1. Combine Base Ingredients: Pour the ultra-filtered milk and powdered sweetener into a heavy-bottomed saucepan, whisking thoroughly until the sweetener dissolves

completely.

2. Start the Simmer: Place the saucepan over medium-low heat and bring the mixture to a gentle, rolling simmer. *(High-protein tip: If adding whey protein isolate, whisk it into a small splash of room-temperature milk first to prevent clumping before adding to the pot).*

3. Reduce Slowly: Add the butter and sea salt, then let the mixture simmer uncovered for 20 to 25 minutes, stirring frequently with a spatula.

4. Monitor Texture & Visual Cues: Watch for the liquid to reduce by half, turning a warm ivory color and coating the back of a spoon with a thick, syrupy consistency.

5. Finish & Cool: Remove from heat, stir in the vanilla extract, and let it cool completely at room temperature where it will thicken further.

Nutrition Facts (Per Serving – Approximate):

- Calories: 45 kcal
- Fats: 2g
- Cholesterol: 10mg
- Sodium: 45mg
- Potassium: 90mg
- Total Carbohydrates: 3g
- Fiber: 0g
- Net Carbs: 3g
- Sugars: 2g

- Protein: 4g
- Calcium: 60mg

Notes:

- Storage & Reheating: Store in a sealed glass jar in the fridge for up to 14 days; gently stir before using if slight separation occurs.
- Allergy Notes: Contains dairy; use a high-protein pea or soy milk alternative along with vegan butter for a plant-based, dairy-free version.
- Flavor Boosts: Infuse with a split vanilla bean during simmering or add a pinch of cinnamon for warm, spiced baked goods.