



Vanilla Buttercream Frosting (Dairy Free, Sugar Free)

Active Time: 20 minutes | Total Time: 20 minutes | Serves: 12

Nutrition Information Per Serving

95.3 calories, 8.08 g carbohydrate, 0 g fiber, 0.08000000000000001 g NET carbs, 0.6 g protein, 10.84 g fat

Ingredients

- 6 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 10 Tbsp(s) Spectrum Organic Shortening
- 8 Tbsp(s) Wholesome Sweeteners Organic Zero
- 2 large(s) organic egg whites
- 1 tsp organic vanilla extract
- 1 pinch sea salt

Preparation

1. Place a stainless steel bowl over a saucepan filled with water. Bring the water to a simmer.
2. Add egg white and erythritol to stainless steel bowl. Whisk 3-5 minutes, or until erythritol is completely dissolved.
3. Transfer steel bowl to counter and beat egg white mixture until it has about doubled in volume. Beat in vanilla and salt.
4. Add shortening, one spoon at a time, beating for 3-5 minutes until mixture is smooth. Add stevia, tasting for sweetness, and making adjustments.
5. ADJUSTING: If the icing is too loose, chill the mixing bowl in an ice bath. Then beat again. If the mixture is chunky, heat the bowl over the simmering water again and try beating until it comes together into a smooth icing. Use a spatula to smooth out the consistency.
6. Transfer frosting to a piping bag, or spread directly on cake or cupcakes. Keep frosting refrigerated and whip again to make fluffy.

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