



# Keto Hot Buttered Rum

BY KETO KATZ

## Servings & Macros

Serves: 2  
Total Carbs: 13 g, Net Carbs: 0 gm,  
Protein: 0 g, Fat: 12 g, Fiber: 0 gm  
Sugar Alcohol: 13 gm,  
Calories: 233 kcal, Fun: 100%

## It's Quick!

Prep time: 10 min

## Let's Get Involved

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## Ingredients

- 1 cup water
- 2 tbsp butter (we love grass-fed, like Kerry Gold)
- 2 tbsp Keto sweetener (Lakanto, Swerve, Truvia, Allulose)
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1 dash salt
- 1/2 cup rum (we used vanilla rum and spiced rum, but you can use whatever you like!)

## Instructions

1. Add all ingredients except the alcohol to a small pot.
2. Simmer this on the stove for 10 minutes, whisking occasionally. This is just long enough to get you and the kids ready to walk to the bus stop.
3. When done, take pan off the heat and add the alcohol. Give it a final whisk and pour in to your favorite mug! Enjoy your morning after the kiddos are gone (just kidding)