

Dirty Carnivore Cinnamon Monk Fruit Whipped Butter Bites



Ingredients:

4 sticks Kerry gold butter - 2 salted 2 unsalted

2 tsp. cinnamon

6 tbsp. monk fruit

1 medium saucepan

1 large saucepan that medium saucepan will fit into

Instructions:

Heat butter in medium saucepan on medium high while whisking until butter turns brown.

Add cinnamon and remove from heat whisk for 2 minutes then let cool for 40 minutes.

Place medium saucepan in large saucepan with cold water, add monk fruit and whisk together.

Keep whisking until creamy.

Add to mold and freeze.

These are ½ tbsp. each.

I find using a power stick whisk works good for the final whisk.

Whisking while heating is done by hand.