

Gluten Free, Keto Friendly, Buttermilk

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Need buttermilk but do not want to run to the store?

Need buttermilk, but there is none where you are at?

Did you know that you can make mock buttermilk?

Buttermilk is the liquid left over after making butter, so it is somewhat of a curdled high fat milk product.

All you need to make it is just a few ingredients.

Ingredients

- 1 cup of heavy cream (if you want to use a lower fat milk you can, but then it will not be keto friendly)
- 1 Tbsp of vinegar or 1 Tbsp of Lemon Juice.

Directions:

1. Mix the cream and the vinegar or the lemon juice together for a few seconds and then let it sit for about a minute or so. It should thicken up a bit and now you have buttermilk that you can use without having to run to the store