

# SIMPLE KETO (LOW CARB) ICE CREAM

Serving size: 1/2 cup, Number of servings: about 10-12, Total Calories: about 378, Total net carbs: about 2g

## INGREDIENTS

- 3 tbsp Butter
- 4 cups Heavy cream (divided)
- 1/2 cup Powdered erythritol
- 2 tsp Vanilla extract
- 1/2 cup MCT Oil (highly recommended if not using an ice cream maker)

## INSTRUCTIONS

1. Melt the butter in a large saucepan over medium heat. Add half of the heavy cream (2 cups) and powdered erythritol. Bring mixture to a boil, then reduce to a simmer. Simmer for 30-45 minutes, stirring occasionally. Mixture should become thick and coat the back of a spoon.
2. Pour into a large bowl and allow to cool to room temperature (or if you're impatient like me, put it in the freezer while you do step 3. Stir in the vanilla extract. Whisk in the MCT oil (highly recommended, and a MUST DO if you don't have an ice cream maker).
3. Beat the remaining 2 cups of heavy cream using a hand mixer with a whisk attachment on High, until stiff peaks form. It's ready when you see a pronounced trail from the whisk on the surface of the cream. Do NOT over mix. Check photos.
4. Gently and gradually fold the beaten heavy cream into the sweet mixture in the bowl, about 1/2 cup at a time. Careful not to deflate the cream or over mix.
5. Transfer the mixture to a freezer container, like a loaf pan. Smooth the top with a spatula. If you want to add mix-ins, gently stir them in now. Make sure to line the surface with a piece of parchment paper or wax paper to keep ice crystals from forming.
6. For best results use an ice cream maker. My first go was without an ice cream maker and the mixture was harder, less creamy, but still delicious. The ice cream maker will give you the texture of actual ice cream and you'll only have to wait 30 minutes for ice cream vs. hours.

7. WITHOUT ICE CREAM MAKER: freeze for 6 to 8 hours or until firm. You can stir the ice cream during the freezing process, to help with a more ice cream like texture. Ice cream will get hard in the freezer after longer periods of time. We ate it within one week of making. You' ll need to let it sit before serving.