

25 Low-Carb & Keto Ice Cream and Topping Recipes





KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Sugar Free Whipped Cream

SERVINGS 8 **PREP TIME** 2 min

INGREDIENTS

- 2 cups heavy cream
- 1 teaspoon vanilla extract
- pinch salt
- 1/3 cup Swerve confectioners sweetener

INSTRUCTIONS

Whipped Cream Dispenser

1. Pour your cream into a 4 cup measuring cup. Whisk in remaining ingredients. Taste and adjust sweetener if needed. Pour into bottle.
2. Insert round silicone ring inside the cover of the whipped cream dispenser. Tighten cover onto bottle.
3. Press lever down slightly and twist on your decorating tip of choice.
4. Place an H2O charger into the holder.
5. Remove the cap on the cover, opposite the lever and decorating tip. Twist on your charger and you will hear a high pitch sound, don't worry, it's sealing and charging the bottle. Once it's tightened as far as you can go, remove. You will hear another high pitch sound, don't worry. Discard N2O charger. Replace cap.
6. Vigorously shake canister a few times. It is ready for use.
7. Tilt at an angle toward your dessert or fruit. Gently press lever and beautiful whipped cream will dispense! Enjoy!
8. Store in the refrigerator for up to 7 days. Shake vigorously before each use.

Stand Mixer

1. Chill your mixing bowl in the freezer for about 15 minutes before use. Pour all your ingredients into the bowl of a stand mixer.
2. Attach whisk paddle. Close, and lock. Set mixer on low speed. Mix for 1 minute. Taste and adjust sweetener if needed.
3. Close, lock in place and set speed to medium. Mix until it starts thickening slightly then set speed on high. Mix on high for about 10 -15 minutes until cream is fluffy and whipped. Enjoy!

NUTRITIONAL INFO

- | | | |
|------------------------------|-------------------|--------------------|
| • Serving Size 4 tablespoons | • Cholesterol 0mg | • Carbs 1g |
| • Calories per serving 201 | • Sodium 1mg | • Dietary Fiber 0g |
| • Fat 20g | • Sugars 1g | |
| • Saturated Fat 14g | • Protein 1g | • Net Carbs 1g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Chocolate Hardening Sauce (A.K.A. Magic Shell)

SERVINGS 12 PREP TIME 5 min

INGREDIENTS

- 4 tablespoons coconut oil, melted
- 1/2 cup cocoa powder, unsweetened
- 1-4 teaspoons Liquid Stevia Chocolate
(or 3 tablespoon Swerve Confectioners sugar free sweetener)

INSTRUCTIONS

1. Mix together and taste and adjust sweetener as needed. It does not need to be refrigerated.

NUTRITIONAL INFO

- | | | |
|---------------------------|-------------------|----------------------|
| • Serving Size 1 serving | • Cholesterol 0mg | • Carbs 2g |
| • Calories per serving 46 | • Sodium 0mg | • Dietary Fiber 1.3g |
| • Fat 5g | • Sugars 0g | |
| • Saturated Fat 4g | • Protein 0.3g | • Net Carbs 0.7g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Keto Caramel Sauce

SERVINGS 12 PREP TIME 5 min COOK TIME 15 min TOTAL TIME 20 min

INGREDIENTS

- 6 tablespoons butter
- 1/2 cup Better than Sugar confectioners
- 1/2 cup heavy cream
- pinch salt
- 1 teaspoon caramel extract

INSTRUCTIONS

1. Place the butter in a medium sized sauce pan over low heat, once melted whisk in the sweetener and cook for 3-4 minutes until nicely browned.
2. Pour in the heavy cream and salt and bring to a boil, then simmer for 8-10 minutes until mixture starts to thicken. Once the mixture coats the back of a spoon and is reduced by half, it's done.
3. Remove from the heat and stir in the caramel extract.
4. Taste and adjust sweetener if needed. Use immediately and/or store in a glass mason jar in the fridge. Reheat in the microwave for 30 seconds.

NUTRITIONAL INFO

- | | | |
|-----------------------------|--------------------|--------------------|
| • Serving Size 1 tablespoon | • Cholesterol 15mg | • Carbs 1g |
| • Calories per serving 84 | • Sodium 50mg | • Dietary Fiber 0g |
| • Fat 9g | • Sugars 1g | |
| • Saturated Fat 6g | • Protein 1g | • Net Carbs 1g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Low Carb Sugar Free Microwave Salted Caramel Sauce

SERVINGS 24 PREP TIME 1 min COOK TIME 4 min TOTAL TIME 5 min

INGREDIENTS

- 4 tablespoon butter
- 6 ounces Sukrin Fiber Gold Syrup
- 3 ounces heavy cream
- 1/2 teaspoon coarse sea salt
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Place everything except sea salt and vanilla extract in a 16 ounce or larger mason jar.
2. Microwave 1 minute. Stir.
3. Microwave 1 minute. Stir well.
4. Microwave 1 more minute, don't stir, let it sit for 2 minutes.
5. Check the color and consistency. If it still looks too loose and thin, microwave 1 more minute.
6. Mine was perfect at 4 minutes.
7. Stir in the seas salt and vanilla extract.
8. Allow to cool completely on counter.
9. As it cools it will change in color and thicken.
10. Keep refrigerated.

NUTRITIONAL INFO

- | | | |
|-----------------------------|-------------------|--------------------|
| • Serving Size 1 tablespoon | • Cholesterol 5mg | • Carbs 8g |
| • Calories per serving 35 | • Sodium 65mg | • Dietary Fiber 7g |
| • Fat 3g | • Sugars 1g | |
| • Saturated Fat 2g | • Protein 1g | • Net Carbs 1g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Best Low Carb Keto Ninja Creami Protein Ice Cream

SERVINGS 2

INGREDIENTS

- 1 cup cottage cheese
- 1/2 cup unsweetened almond milk (or replace with coconut milk)
- 1/4 cup heavy cream
- 1 scoop vanilla collagen
- 2 teaspoon vanilla extract
- 1 teaspoon vanilla liquid stevia (or to taste)
- 1 tablespoon unsweetened almond milk, for re-spin
- 2 tablespoon sugar free chocolate chips, optional

Chocolate Protein Ice Cream

- Swap vanilla collagen with chocolate collagen and add 2 tablespoons unsweetened cocoa powder.
- Replace vanilla liquid stevia with chocolate liquid monk fruit sweetener.

INSTRUCTIONS

1. Add all the ingredients to a blender, (except the ingredients for re-spinning, the 1 tablespoon of unsweetened almond milk.) Blend until smooth. Taste and adjust sugar substitute sweetener if needed.
2. Pour into Ninja Creami container and freeze for 18- 20 hours or until frozen. Freeze for just 8-10 hours for soft serve.
3. Place frozen pint container into the base or the outer bowl of the Ninja Creami machine, cover and press Lite Ice Cream button. Remove and add the 1 tablespoon of almond milk. Press Re-spin button. Remove the entire pint of ice cream and enjoy, half or the whole serving.
4. If using sugar free chocolate chips, make a hole in center of ice cream and drop in chips. Cover and press Mix-in. Enjoy!
5. Store any left over ice cream in a glass container with the storage lid on and freeze for up to 3 months.

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 18mg | • Carbs 5g |
| • Calories per serving 247 | • Sodium 381mg | • Dietary Fiber 0g |
| • Fat 16g | • Sugars 3g | |
| • Saturated Fat 2g | • Protein 16g | • Net Carbs 5g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Cottage Cheese Tiramisu Ice Cream Ninja Creami

SERVINGS 2

INGREDIENTS

- 1 cup cottage cheese
- 1/2 cup coffee strong brewed, chilled
(or to sub use unsweetened almond milk)
- 2 teaspoon unsweetened cocoa powder
- 2 teaspoon instant espresso powder
- 2 teaspoon rum extract
- 2 teaspoon chocolate monk fruit sweetener

INSTRUCTIONS

1. Add all the ingredients into a blender or food processor and blend until smooth. Taste and adjust sweetener if needed.
2. Pour the mixture into your Ninja Creami Freezer container. Cover and freeze for at least 12 hours or more, you just want it completely frozen through. Freeze 8 hours for soft serve.
3. Remove from freezer, place container into the Ninja base container and click into place. Press Lite Ice Cream. Remove, stir. If chalky, repeat on lite ice cream. If still chalky, add 1 tablespoon of cream and press re-spin.
4. Half of the container is a serving. Remove the remaining ice cream from the container and place into a glass container with cover to refreeze. This way you can heat a bit in the microwave when you want the rest of it without having to re-spin and heat plastic.

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 18mg | • Carbs 5g |
| • Calories per serving 111 | • Sodium 332mg | • Dietary Fiber 1g |
| • Fat 5g | • Sugars 3g | |
| • Saturated Fat 2g | • Protein 12g | • Net Carbs 4g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Low Carb Strawberry Cottage Cheese Ice Cream

SERVINGS 4

PREP TIME 15 min

INGREDIENTS

- 16 ounces full-fat cottage cheese
- 5 ounces strawberries (frozen strawberries can also be used)
- 1/4 cup Allulose liquid form

Optional

- 1 teaspoon vanilla extract
- 1 scoop vanilla collagen peptides
- 1 teaspoon berry liquid stevia (or vanilla liquid stevia)

INSTRUCTIONS

1. Place the cottage cheese, strawberries and allulose into a high-speed blender or food processor. Blend for 5 minutes until the clumps of cottage cheese are gone and the texture is smooth.
2. Taste and adjust sweetener. Use any optional ingredients you like. I find that a little vanilla extract really enhances the sweet flavor of whatever sweetener you are using.
3. Pour the mixture into an ice cream machine and follow manufacturer's instructions. See notes above if you decide not to use an ice cream machine. If not using an ice cream machine, simply pour into a small loaf pan or 4 small freezer-safe containers for easy portion control.
4. This makes 4 servings at about 5 ounces each.
5. Store in an airtight container in the freezer for up to 3 months.

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 19mg | • Carbs 7g |
| • Calories per serving 122 | • Sodium 358mg | • Dietary Fiber 1g |
| • Fat 5g | • Sugars 5g | |
| • Saturated Fat 2g | • Protein 13g | • Net Carbs 6g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Low Carb Keto Peanut Butter Cottage Cheese Ice Cream

SERVINGS 4

INGREDIENTS

- 12 ounces cottage cheese full fat
- 1/3 cup unsweetened peanut butter
- 1/4 cup Allulose liquid form

Optional

- 1 teaspoon vanilla extract
- 1 teaspoon Toffee Liquid Stevia
- 1/2 cup sugar free chocolate chips

INSTRUCTIONS

1. Place the cottage cheese, natural peanut butter and allulose into a high-speed blender or food processor. Blend for 5-10 minutes in a food processor until the clumps of cottage cheese are gone and the texture is smooth.
2. Taste and adjust sweetener. Use any optional ingredients you like. I find that a little vanilla extract really enhances the sweet flavor of whatever sweetener you are using.
3. Pour ice cream mixture into a loaf pan and freeze for 1 hour or more. The longer you freeze it the harder the ice cream will become. You can also add the ice cream mixture to an ice cream machine and follow manufacturer's instructions.
4. This makes 4 servings at 1/2 cup. Storage information above.

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 14mg | • Carbs 7g |
| • Calories per serving 217 | • Sodium 338mg | • Dietary Fiber 1g |
| • Fat 14g | • Sugars 3g | |
| • Saturated Fat 3g | • Protein 15g | • Net Carbs 6g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Low Carb Butter Pecan Ice Cream

SERVINGS 8 PREP TIME 30 min CHILL TIME 3hr 30min TOTAL TIME 4hr

INGREDIENTS

- 1/4 cup butter
- 2 cups heavy cream
- 1/4 cup Swerve confectioners sweetener
- 1/4 cup liquid Allulose
- 1/4 tsp salt
- 2 egg yolks
- 2 tsp maple extract
- 1 tbsp Lakanto sugar-free maple syrup (or sweetener of choice)
- 1 tbsp MCT oil
- 2 tbsp pecans toasted, chopped

INSTRUCTIONS

1. Place the butter, heavy cream, Swerve sweetener, allulose and salt in a small sauce pan. Heat over low heat, do not boil.
2. Whisk egg yolks until light in color. Take a spoonful of the butter cream mixture and stir into the yolks to temper them. Continue with a few more spoonfuls then gradually add in the remaining yolk into the mixture on the stove.
3. Continue to stir over low heat until mixture thickens, and coats the back of a spoon, 175 degrees F. Pour into a bowl to cool in the fridge for 30 minutes.
4. Remove bowl from the fridge and stir in maple extract and sugar-free maple syrup or sweetener of choice and MCT oil.
5. Once combined pour mixture into your ice cream machine. Follow manufacturer's instructions. Stir in pecans then spread ice cream into an 9 by 5 loaf pan and freeze for 2-3 hours for soft serve.

NUTRITIONAL INFO

- | | | |
|----------------------------|---------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 145mg | • Carbs 2g |
| • Calories per serving 302 | • Sodium 148mg | • Dietary Fiber 0g |
| • Fat 32g | • Sugars 0g | |
| • Saturated Fat 19g | • Protein 2g | • Net Carbs 2g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Easy Sugar Free Keto Low Carb Iced Coffee Affogato

SERVINGS 6 PREP TIME 15 min

INGREDIENTS

- 1 can unsweetened canned coconut cream (about 14 ounces)
- 1 tablespoon vanilla extract
- 1 tablespoon Swerve confectioners (add more if you like it sweeter)
(or 1 teaspoon Monk Fruit or vanilla liquid Stevia)
- 2 cups heavy cream
- 12 ounces coffee brewed (or espresso)

INSTRUCTIONS

1. Chill the can of coconut cream in the fridge overnight before starting to make your ice cream.
2. Scoop the coconut cream into your stand mixer bowl and beat until light and fluffy.
3. Add the vanilla, sweetener of choice and then slowly drizzle the cream in while beating.
4. Once the mixture is light and fluffy, you can transfer it to your ice cream churner to finish.
5. To make the affogato; place two scoops of ice cream in the bottom of your serving glass and pour a double shot of espresso or 2 ounces of hot brewed coffee over the top.
6. **This dish needs to be eaten immediately and at room temperature.**
7. Ice cream can be stored in the freezer for up to one month.

NUTRITIONAL INFO

- | | | |
|----------------------------|-------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 1mg | • Carbs 3g |
| • Calories per serving 394 | • Sodium 10mg | • Dietary Fiber 1g |
| • Fat 40g | • Sugars 1g | |
| • Saturated Fat 30g | • Protein 1g | • Net Carbs 2g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Keto Cookies and Cream Ice Cream

SERVINGS 12 **PREP TIME** 45 min **CHILL TIME** 6 hr **TOTAL TIME** 6hr 45min

INGREDIENTS

Condensed Milk:

- 2 cans coconut milk
- 1/2 cup powdered Erythritol (or Swerve)

Chocolate Cookie:

- 1/2 cup almond flour
- 3 tablespoons cacao powder
- 1/4 cup granulated Erythritol (or Swerve)
- 1 teaspoon gluten-free baking powder
- pinch of salt
- 1 large egg
- 1 tablespoon coconut oil (or ghee), softened

Ice-Cream:

- 2 1/2 cups heavy whipping cream
- 1 recipe Condensed milk - see recipe to the left
- 1 recipe Chocolate Cookie - see recipe to the left

INSTRUCTIONS

To prepare the Condensed Milk:

1. Pour the coconut milk in a pot. Bring to a boil over a medium-high heat. Once it starts simmering, turn the heat down to low. Reduce the coconut milk to about half of the volume. This will take 40-50 minutes. Once reduced, take off the heat and add Erythritol. Pour in a mixing bowl and set aside to cool down to room temperature.

To prepare the Chocolate Cookie:

1. While you prepare the condensed milk, make the chocolate cookie. Preheat the oven to 300 F / 150 C. Place the almond flour, cacao powder, Erythritol, baking powder and salt into a mixing bowl and combine well. Add the egg and coconut oil and mix with your hands.
2. Place the dough on a sheet of parchment paper, top with another sheet of parchment paper, and roll out, or simply use your hands to flatten it until about 1/4 inch (1/2 cm) thick, to create a large cookie.
3. Transfer to a baking sheet and bake in the oven for 12-15 minutes or until crispy. Let the cookie cool to room temperature. The cookie will be soft at first but will crisp up as it cools down. Once cooled and crisped up, break the cookie into small pieces.

To prepare the Ice-Cream:

1. Place a large container in the freezer. (I used an 8-inch/ 20 cm square baking dish lined with parchment paper. Any 9-10 cup container will work).
2. In a bowl, whisk the cream until soft peaks form. Be careful not to over whisk it to avoid curdling.
3. Gently fold the whipped cream into the cooled condensed milk. At first, add a few tablespoons to lighten the mixture, and then gently mix in the remaining whipped cream without deflating it. Mix in the cookie pieces (reserve some for topping).
4. Remove the container from the freezer and spoon in the ice-cream mixture. Top with the reserved cookie pieces. Place in the freezer and freeze for 4-6 hours before serving.

NUTRITIONAL INFO

- | | | |
|----------------------------|-------------------|----------------------|
| • Serving Size 1 serving | • Cholesterol 0mg | • Carbs 5.4g |
| • Calories per serving 360 | • Sodium 97mg | • Dietary Fiber 0.9g |
| • Fat 37.1g | • Sugars 2.1g | |
| • Saturated Fat 26.1g | • Protein 4g | • Net Carbs 4.5g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Chocolate Fat Bomb Ice Cream

SERVINGS 8 PREP TIME 30 min CHILL TIME 4 hr TOTAL TIME 4hr 30min

INGREDIENTS

- 2.5 cups heavy whipping cream, divided
- 1/4 cup unsalted butter
- 2/3 cup powdered erythritol based sweetener (I used Swerve Confectioners)
- 3 ounces unsweetened chocolate, chopped
- 1 tsp vanilla extract
- pinch salt
- 2 tbsp vodka (optional to help keep ice cream from getting too icy)

INSTRUCTIONS

1. In a large saucepan over medium heat, bring 1.5 cups of the cream and the butter just to a simmer, stirring, until the butter is melted.
2. Remove from the heat and add the sweetener, chocolate, vanilla extract, and salt. Let sit for about 5 minutes, until the chocolate is melted, then whisk until smooth. Let the mixture cool to room temperature.
3. Whisk the remaining 1 cup of cream and the vodka, if using. Refrigerate until just cool to the touch, 1 to 2 hours.
4. Pour into an ice cream maker and churn according to the manufacturer's instructions. Transfer to an airtight container and freeze until firm, another 2 hours or so.

***Shared with permission from "Easy Keto Desserts" cookbook by Carolyn Ketchum.*

NUTRITIONAL INFO

- | | | |
|----------------------------|----------------|----------------------|
| • Serving Size 1/2 cup | • Fat 36.7g | • Carbs 5.2g |
| • Calories per serving 381 | • Protein 3.1g | • Dietary Fiber 1.8g |
| | | • Net Carbs 3.2g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Dairy-Free Cinnamon Ice Cream

SERVINGS 6 PREP TIME 25 min CHILL TIME 2 hr TOTAL TIME 2hr 25min

INGREDIENTS

- 27 ounces coconut milk, canned
- 1 tbsp MCT oil (or Vodka)
- 2 tsp ground cinnamon
- 2 tsp Sweetleaf Cinnamon Liquid stevia
- 1 tsp vanilla extract
- pinch salt
- 1 tbsp grass-fed beef gelatin powder
- 3 tbsp water, divided

INSTRUCTIONS

1. Place the coconut milk, MCT oil, cinnamon, stevia, vanilla extract and salt in a high powered blender and blend until smooth. Set aside.
2. In a small bowl place the gelatin and stir in 1 tbsp room temperature water.
3. Boil remaining 2 tbsp water and stir into gelatin until dissolved, no clumps.
4. Pour the liquid gelatin into the blender and blend on high until combined well.
5. Pour into an ice cream machine and follow manufacturers instructions. Mine was soft serve texture in 10 minutes.
6. Place ice cream into a loaf pan and cover or into an airtight container.
7. Freeze for 1-2 hours and enjoy!
8. Low carb ice cream tends to get icy after long freezing periods. The MCT oil will help with that. You will need to set it out on the counter to soften if it's been frozen overnight. Makes about 6 servings.

NUTRITIONAL INFO

- | | | |
|----------------------------|-------------------|--------------------|
| • Serving Size 4 ounces | • Cholesterol 0mg | • Carbs 4g |
| • Calories per serving 262 | • Sodium 20mg | • Dietary Fiber 0g |
| • Fat 27g | • Sugars 0g | |
| • Saturated Fat 23g | • Protein 3g | • Net Carbs 4g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Low Carb Keto Coffee Ice Cream

SERVINGS 8 **PREP TIME** 45 min **CHILL TIME** 6 hr **TOTAL TIME** 6hr 45min

INGREDIENTS

- 1/2 cup strong brewed coffee
- 1 cup heavy cream
- 1 1/2 cups half & half
- 1 tsp instant espresso powder
- 4 egg yolks
- 1/2 cup Allulose liquid sweetener
- 1/2 tsp vanilla liquid stevia
- 1/8 tsp salt
- 1 tbsp vodka, optional
- 2 ounces sugar free chocolate, chopped (optional)
- 2 tbsp crushed coffee beans, crushed (optional)

INSTRUCTIONS

1. Whisk the first 4 ingredients together in a saucepan over medium low heat until simmering, but do not boil.
2. In a bowl stir together the egg yolks, Swerve, stevia and salt.
3. Pour a small amount of the cream mixture into the egg mixture to temper it then gradually add the remaining egg mixture into the sauce pan on the stove.
4. Bring this to a boil, reduce to simmer, constantly stirring until mixture thickens and coats the back of the spoon, 175 degrees F.
5. Once thickened, pour into a clean bowl and allow to cool for 30 minutes.
6. Cover and place in the refrigerator for 2-3 hours.
7. Once cooled, stir in vodka if using, then pour this into an ice cream machine and follow manufacturers instructions.
8. I used my KitchenAid ice cream attachment and it took about 20 minutes for the texture of soft serve ice cream.
9. When done, remove to a bowl and stir in chocolate and coffee beans. Pour into a container of choice and freeze for 3 hours or over night.
10. Allow to sit on counter to soften for about an hour before serving.

NUTRITIONAL INFO

- | | | |
|----------------------------|---------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 114mg | • Carbs 3g |
| • Calories per serving 189 | • Sodium 60mg | • Dietary Fiber 0g |
| • Fat 18g | • Sugars 1g | |
| • Saturated Fat 11g | • Protein 3g | • Net Carbs 3g |



LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Pumpkin Ice Cream

SERVINGS 2 PREP TIME 30 min

INGREDIENTS

- 1/2 cup heavy cream
- 1/2 cup almond milk, unsweetened
- 1/4 cup pumpkin puree
- 1/2 tsp pumpkin pie spice
- 1 tsp pumpkin liquid stevia
- 1/2 tsp vanilla extract
- pinch salt

INSTRUCTIONS

1. Add all ingredients into a blender and blend on low until just combined. Pour mixture into an ice cream machine and follow manufacturers instructions. Enjoy immediately.

NUTRITIONAL INFO

- | | | |
|----------------------------|-------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 0mg | • Carbs 4g |
| • Calories per serving 221 | • Sodium 2mg | • Dietary Fiber 1g |
| • Fat 21g | • Sugars 1g | |
| • Saturated Fat 1g | • Protein 1g | • Net Carbs 3g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Peanut Butter Cheesecake Ice Cream

SERVINGS 8 PREP TIME 30 min CHILL TIME 1 hr TOTAL TIME 1hr 30min

INGREDIENTS

- 2 1/2 cups almond milk, unsweetened
- 1/2 cup peanut butter, unsweetened
- 8 ounces cream cheese
- 1/2 cup Swerve Confectioners sweetener
- 1 teaspoon vanilla extract
- 1 teaspoon toffee flavored liquid stevia (or vanilla stevia)

INSTRUCTIONS

1. Add all ingredients into a high powered blender.
2. Mix until combined well.
3. Taste and adjust sweetener if needed.
4. Pour mixture into an ice cream machine and follow manufacturers instructions.
5. Mine was perfectly churned within 20 minutes.
6. Freeze in an air tight container for about 1 hour or until hard enough to scoop.
7. Top with peanuts if desired!

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 31mg | • Carbs 4g |
| • Calories per serving 206 | • Sodium 143mg | • Dietary Fiber 1g |
| • Fat 18g | • Sugars 1g | |
| • Saturated Fat 6g | • Protein 5g | • Net Carbs 3g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Low Carb Strawberry Ice Cream

SERVINGS 8 PREP TIME 15 min CHILL TIME 3 hr TOTAL TIME 3hr 15min

INGREDIENTS

Strawberry Swirl

- 2 cups strawberries (I love Driscoll's)
- 1 tsp lemon juice
- 1/2 cup Swerve sweetener
- 1/4 tsp salt
- 1/2 tsp berry flavored liquid stevia (or plain liquid stevia)
- 1 tsp vanilla extract

Ice Cream

- 8 ounces cream cheese, softened
- 1 cup half & half
- 1 cup heavy cream
- 1/4 cup Swerve sweetener
- 1/4 cup Liquid Allulose (helps to keep ice cream soft)
- 1/2 tsp berry flavored liquid stevia (or plain or vanilla)
- optional: 1 tbsp vodka helps reduce icy texture

INSTRUCTIONS

Strawberry Swirl:

1. Place the first 6 ingredients into a high powered blender and blend until smooth. Set aside.

Ice Cream:

1. Place the softened cream cheese and half & half into a stand mixer and blend on high until smooth.
2. Add in the remaining ingredients and blend on high until incorporated. Taste and adjust sweetener if needed.
3. Pour the cream cheese mixture into an ice cream machine and follow manufacturers instructions. Mine is a KitchenAid attachment and it took about 20 minutes before it was soft serve texture.
4. Drizzle in the set aside strawberry swirl mixture into the ice cream machine on low or stir in by hand. Reserve some for topping.
5. Place ice cream into a 9 by 5 loaf pan, drizzle pureed strawberry over the top then freeze for 2-3 hours. If you reserved some of the pureed strawberry, keep it refrigerated until ready to serve over the ice cream.

NUTRITIONAL INFO

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|----------------------------|--------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 83mg | • Carbs 6g |
| • Calories per serving 252 | • Sodium 188mg | • Dietary Fiber 1g |
| • Fat 24g | • Sugars 3g | |
| • Saturated Fat 14g | • Protein 3g | • Net Carbs 5g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Easy Creamy Low Carb Keto Blackberry Gelato

SERVINGS 8 PREP TIME 10 min

INGREDIENTS

- 8 ounces blackberries (fresh or frozen)
- 12 ounces unsweetened almond milk (or coconut milk)
- 8 ounces heavy cream
- 4 ounces Swerve sweetener (or sugar free sweetener of choice)
- 1/2 teaspoon berry liquid stevia
- 1 tablespoon MCT oil (or vodka or Allulose)
- pinch of salt

INSTRUCTIONS

1. Place the fresh blackberries (if frozen, thaw them first then add) to a high powered blender and blend until smooth. (Optional: Strain the mixture in a fine mesh strainer to remove seeds.)
2. Place blackberry juice and rest of the ingredients into a food processor and blend together until combined. Taste and adjust sweetener if needed.
3. Pour mixture into an ice cream machine on low speed and follow manufacturer's instructions. Mine was soft serve texture after 30 minutes.
4. Enjoy immediately or place into a loaf pan and freeze for 2-3 hours until hardened.
5. If serving from freezer, allow to sit for 10 minutes on counter before serving.

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 38mg | • Carbs 3g |
| • Calories per serving 129 | • Sodium 11mg | • Dietary Fiber 1g |
| • Fat 12g | • Sugars 1g | |
| • Saturated Fat 8g | • Protein 0g | • Net Carbs 2g |



LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Low Carb Orange Creamsicle Ice Cream

SERVINGS 4 PREP TIME 45 min CHILL TIME 3 hr TOTAL TIME 3hr 45min

INGREDIENTS

- 1 cup heavy whipping cream
- 2 tsp orange liquid stevia
- 2.5 cups half & half (or light cream)
- 4 egg yolks
- zest of 1 orange
- 1 tsp vanilla extract
- few drops of natural orange food coloring

INSTRUCTIONS

1. In a saucepan, over medium heat, bring the heavy cream and half-and-half to a simmer, stir and remove from heat. In a bowl, whisk the egg yolks until light in color. Temper cream mixture into eggs by gradually adding small amounts of cream to eggs until all incorporated. Bring mixture back to stove top and heat on low, stirring frequently until mixture thickens slightly and coats the back of a spoon, 170-175 degrees F. Pour this mixture into a container and allow to sit at room temperature for 30 minutes. Stir in the rest of the remaining ingredients. Taste and adjust stevia, if needed. Cover and refrigerate for 2-3 hours.

2. Pour mixture into an ice cream machine and follow your manufacturer's instructions. Should be consistency of soft serve within 20 minutes. You can enjoy as soft serve, or freeze and let harden.

NUTRITIONAL INFO

- | | | |
|----------------------------|---------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 332mg | • Carbs 8g |
| • Calories per serving 462 | • Sodium 93mg | • Dietary Fiber 0g |
| • Fat 44g | • Sugars 0g | |
| • Saturated Fat 26g | • Protein 8g | • Net Carbs 8g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Sugar Free Vanilla Ice Cream No Churn

SERVINGS 6

INGREDIENTS

- 4 large egg yolks
- 1/2 cup Swerve confectioners
- 2 cups heavy cream
- 1/2 cup Allulose liquid
- pinch salt
- 2 teaspoons vanilla extract

INSTRUCTIONS

1. Use a double boiler or place a bowl over a pot of simmering water.
2. Whisk the yolks and confectioner's sweetener together in the bowl and continue to stir until it thickens, about 5-8 minutes.
3. Stir constantly then test thickness by scraping a wooden spoon along the bottom of the bowl. If you can clearly see the bottom when you scrape, it should be done. I also test using a thermometer and when it registers 160 degrees your yolks are perfect. Remove from heat and set aside.
4. Pour the heavy cream, Allulose, salt and vanilla extract in a stand mixer with the whisk attachment. Blend until stiff peaks form. Taste and adjust sweetener if needed.
5. Stir a spoonful into the egg mixture to temper the eggs. Continue to spoon about 3 more times. Place the mixer on low speed and pour in the egg mixture to combine them together.
6. Pour this into your loaf pan and freeze for 4-5 hours.

NUTRITIONAL INFO

- | | | |
|----------------------------|---------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 123mg | • Carbs 2g |
| • Calories per serving 307 | • Sodium 6mg | • Dietary Fiber 0g |
| • Fat 30g | • Sugars 1g | |
| • Saturated Fat 20g | • Protein 2g | • Net Carbs 2g |



LOW CARB, GLUTEN & GRAIN FREE

Easy Keto Low Carb Dairy-Free Chocolate Ice Cream

SERVINGS 3 PREP TIME 25 min

INGREDIENTS

- 1 can coconut milk (13.5oz)
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon chocolate liquid stevia
- 3 tablespoons liquid Allulose
- pinch salt
- optional: cacao nibs

INSTRUCTIONS

1. Mix ingredients in blender. Taste and adjust sweetener before pouring in your ice cream machine.
2. Carefully pour mixture into an ice cream machine and follow manufacturer's instructions.
3. Serve immediately.

NUTRITIONAL INFO

- | | | |
|----------------------------|-------------------|--------------------|
| • Serving Size 1 serving | • Cholesterol 0mg | • Carbs 6g |
| • Calories per serving 242 | • Sodium 17mg | • Dietary Fiber 2g |
| • Fat 25g | • Sugars 0g | |
| • Saturated Fat 22g | • Protein 2g | • Net Carbs 4g |



LOW CARB, GLUTEN & GRAIN FREE

Sugar Free Vanilla Bean Ice Cream

SERVINGS 1 PREP TIME 15 min

INGREDIENTS

- 1/2 cup half & half (half whole milk, half heavy cream)
- 1/2 cup unsweetened vanilla almond milk
- 1/2 vanilla bean pod (or use 1/2 teaspoon vanilla extract)
- 4 droppers full vanilla liquid stevia
- pinch salt

INSTRUCTIONS

1. Pour half and half and almond milk into a blender.
2. Slice the vanilla bean down the middle with a paring knife.
3. Using the side of the knife scrape the inside of the vanilla bean pod and add that and rest of ingredients to blender.
4. Once blended add mixture to an ice cream machine and follow manufacturers instructions.
5. Mine was ready in 15 minutes. Enjoy immediately. Serves 1.
6. Top with Sugar Free Chocolate hardening Sauce!

NUTRITIONAL INFO

- | | | |
|----------------------------|-------------------|--------------------|
| • Serving Size 1 cup | • Cholesterol 0mg | • Carbs 2g |
| • Calories per serving 414 | • Sodium 1mg | • Dietary Fiber 0g |
| • Fat 41g | • Sugars 1g | |
| • Saturated Fat 25g | • Protein 1g | • Net Carbs 2g |



LOW CARB, GLUTEN & GRAIN FREE

Cherry Vanilla Chocolate Chip Ice Cream

SERVINGS 2 PREP TIME 15 min

INGREDIENTS

- 1/2 cup half & half (or heavy cream)
- 1/2 cup unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 4 droppers liquid vanilla (or berry stevia)
- pinch salt
- 1/2 cup frozen cherries, thawed, divided
- 2 tablespoons cacao nibs, unsweetened

INSTRUCTIONS

1. Pour half & half or cream, almond milk, vanilla extract, stevia, salt and 1/4 cup cherries into a blender.
2. Blend on high for 1 minutes.
3. Chop the remaining cherries and stir into mixture. Add the cacao nibs.
4. Pour mixture into an ice cream machine.
5. Follow manufacturers directions for your machine.
6. Enjoy immediately!

NUTRITIONAL INFO

- | | | |
|----------------------------|--------------------|----------------------|
| • Serving Size 1 serving | • Cholesterol 22mg | • Carbs 14.1g |
| • Calories per serving 176 | • Sodium 70mg | • Dietary Fiber 5.5g |
| • Fat 13.8g | • Sugars 5.1g | |
| • Saturated Fat 7.8g | • Protein 4.2g | • Net Carbs 8.6g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Keto Sugar Free Strawberry Sorbet

SERVINGS 5

INGREDIENTS

- 4 cups strawberries fresh, sliced
- 1/2 teaspoon Liquid Lemon Stevia
- 1 cup homemade sugar free lemonade
- zest of 1 lemon

INSTRUCTIONS

1. Place all ingredients into a blender and blend until smooth. Taste and adjust Sweetener, if needed.
2. Pour mixture into an ice cream maker and follow manufacturer's instructions. Enjoy immediately.
3. If you do not have an ice cream machine, you can spread the mixture into a loaf pan and freeze for 4-5 hours, mixing every 30 minutes until hardened.
4. Freeze covered in an airtight container and defrost 30 minutes when ready to serve. Serving size is a 1/2 cup.

NUTRITIONAL INFO

- | | | |
|---------------------------|-------------------|--------------------|
| • Serving Size 1/2 cup | • Cholesterol 0mg | • Carbs 10g |
| • Calories per serving 40 | • Sodium 1mg | • Dietary Fiber 2g |
| • Fat 0.4g | • Sugars 6g | |
| • Saturated Fat 0.02g | • Protein 1g | • Net Carbs 8g |



KETO, LOW CARB, GLUTEN & GRAIN FREE

Easy Sugar Free Dairy Free Keto Chocolate Sorbet

SERVINGS 8 PREP TIME 20 min

INGREDIENTS

- 1/2 cup unsweetened cocoa powder
- 1/2 cup Allulose
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon sea salt
- 1 1/2 cups water
- 1/2 cup coffee strong brewed or decaf
- 1/2 teaspoon vanilla extract
- 1 teaspoon chocolate liquid stevia

INSTRUCTIONS

1. Pour all the ingredients into the blender and blend it on high until thoroughly combined. Taste and adjust sweetness if needed.
2. Place mixture into the refrigerator to chill for one hour.
3. Once chilled, add the mixture into an ice cream machine and follow manufacturers instructions.
4. Mine was thick and perfect after 20 minutes. Remove from machine and place in a container to freeze for one hour or overnight, until firm enough to scoop.
5. Enjoy with your favorite chopped or shaved chocolate over the top!

NUTRITIONAL INFO

- | | | |
|---------------------------|-------------------|--------------------|
| • Serving Size 1/3 cup | • Cholesterol 0mg | • Carbs 4g |
| • Calories per serving 13 | • Sodium 39mg | • Dietary Fiber 2g |
| • Fat 1g | • Sugars 1g | |
| • Saturated Fat 0g | • Protein 1g | • Net Carbs 2g |