

Blueberry Ice Cream

Description

With only 3 ingredients and no ice cream equipment, you can make this Blueberry Ice Cream in a matter of minutes. You may prepare dairy-free variations of this blender ice cream that is free of sugar. It's the simplest delicious snack with all the advantages of blueberries! There are 6.5g net carbohydrates in each serving. The other day, I bought a large container of blueberries for my blueberry muffins, but I had no idea what to make until I recalled the simple blueberry recipe my mother used to make. The other day, I bought a large container of blueberries for my blueberry muffins, but I had no idea what to make until I recalled the simple blueberry recipe my mother used to make. Today I created this simple blueberry ice cream in my blender to eliminate the carbohydrates. Ice cream makers are not required. Soft serve sugar-free ice cream may be made in a matter of minutes with just a few simple ingredients. After that, freeze it to make a firmer ice cream. Just 6.5g net carbs, yet it's so simple and tasty! While most berries are keto-friendly, several fruits have significant sugar content. Additionally, blueberries are highly healthy for you.

INGREDIENTS

1. Add all the ingredients(high-speed blender).
2. Blend on high and scrape down the sides.
3. Eat the mixture straight away after it's lovely and creamy, or pour it into a shallow freezer-safe container.

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2. Blend on high and scrape down the sides.
3. Eat the mixture straight away after it's lovely and creamy, or pour it into a shallow freezer-safe container.
4. For ice cream that is firmer, freeze it for 4-6 hours. Be aware that when entirely frozen, it may become very rigid. Simply allow to soften for 15-20 minutes on the counter. Or until soft enough to scoop, microwave for 30 to 60 seconds.

NOTES

How to prepare this no-churn ice cream for serving and storage. It is possible to keep it in the freezer-safe container. You should let it out until it softens, about 20 minutes, before serving. As long as it's easy to scoop, microwave it for at least 30 seconds.

Can I use almond milk or make this dairy-free?

Yes. As opposed to nut milks, which are frequently watery, coconut cream will make it creamier. But both solutions are viable. Once frozen, they could be little more challenging to scoop.

Is a blender required to create this?

You can prepare this in a food processor as well, and if you really wanted to, you could even go it a step further and put it in an ice cream machine, but I personally don't think it's worth the extra time and work.

NUTRITION INFORMATION

Amount Per Serving: CALORIES: 233, UNSATURATED FAT: 0g

Category

1. High Protein Recipes

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