



Sugar Free Soft Serve Ice Cream (1g Carbs)

Description

Ingredients:

- 1 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 1-2 tablespoons powdered erythritol or another sugar substitute (adjust to taste)
- Liquid stevia drops (optional, for added sweetness)
- Ice cubes
- Salt

Instructions:

1. Begin by chilling a mixing bowl and beaters in the freezer for about 15-20 minutes.
2. Once chilled, pour the heavy whipping cream into the mixing bowl.
3. Add the vanilla extract and powdered erythritol to the cream.
4. Using an electric mixer, whip the cream mixture until it forms stiff peaks. Be careful not to overwhip.
5. Taste the mixture and adjust sweetness as desired by adding liquid stevia drops or more powdered erythritol.
6. In a blender, crush some ice cubes until you have finely crushed ice.
7. Add a pinch of salt to the crushed ice. The salt will help lower the freezing point and make the mixture freeze faster.
8. Slowly pour the whipped cream mixture into the blender with the crushed ice.
9. Blend the mixture until it reaches a smooth, soft-serve consistency.
10. Once blended, transfer the soft serve ice cream to serving dishes and enjoy immediately.

Category

1. High Protein Recipes

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