



Keto Vanilla Bean Ice Cream

Active Time: 20 minutes | Total Time: 2 hours | Serves: 6

Nutrition Information Per Serving

410.5 calories, 8.36 g carbohydrate, 0 g fiber, 2.36 g NET carbs, 1.67 g protein, 43.31 g fat

Ingredients

- 3 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 Tbsp Now Sunflower Lecithin
- 4 Tbsp(s) Bulletproof XCT Oil
- 2 cup(s) organic heavy cream
- 2 Tbsp(s) grass-fed butter
- 1 whole vanilla bean, scraped

Preparation

1. Powder the erythritol and sunflower lecithin. Make sure your ice cream maker is fully frozen.
2. In a medium saucepan, melt the butter. Add the cream, scraped vanilla bean and vanilla bean pod, and the erythritol-lecithin mixture, whisking well. Bring to a boil. Add the MCT oil and whisk again. Remove vanilla bean pod.
3. Let mixture cool.
4. Pour cream mixture into high powered blender. Holding the lid on tight, blend on high speed for 30 seconds. This helps to aerate the mixture and provide a creamy result.
5. Pour cream mixture into ice cream maker. Freeze according to manufacturer's instructions (30-35 minutes).
6. Transfer to pint container. Freeze.

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