



Keto Chocolate Ice Cream (Dairy Free)

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

Nutrition Information Per Serving

296.3 calories, 9.56 g carbohydrate, 0.83 g fiber, 2.73 g NET carbs, 2.01 g protein, 31.24 g fat

Ingredients

- 3 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 Tbsp Now Sunflower Lecithin
- 4 Tbsp(s) Bulletproof XCT Oil
- 20 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 Tbsp(s) virgin coconut oil
- 3 Tbsp(s) organic cocoa powder
- 1 tsp vanilla extract
- 2 cup(s) full-fat coconut milk
- 1 pinch sea salt

Preparation

1. Powder the erythritol, cocoa powder and sunflower lecithin. Make sure your ice cream maker is fully frozen.
2. In a medium saucepan, melt the coconut oil. Add the coconut milk, vanilla extract, sea salt and the erythritol-lecithin mixture, whisking well. Bring to a boil. Add the MCT oil and stevia and whisk again. Adjust sweetness.
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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