



Keto Mint Chocolate Chip Ice Cream (Dairy Free)

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

Nutrition Information Per Serving

325.3 calories, 14.12 g carbohydrate, 2.67 g fiber, 3.45 g NET carbs, 2.19 g protein, 33.9 g fat

Ingredients

- 3 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 Tbsp Now Sunflower Lecithin
- 4 Tbsp(s) Bulletproof XCT Oil
- 1 tsp Simply Organic® Peppermint Flavor
- 2 ounce(s) Lily's Dark Chocolate Chips
- 2 cup(s) coconut milk
- 2 Tbsp(s) virgin coconut milk

Preparation

1. Powder the erythritol 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 and the erythritol-lecithin mixture, whisking well. Bring to a boil. Add the MCT oil and peppermint extract and whisk again.
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. Fold in chocolate chips and transfer to pint container. Freeze.

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