



## Vanilla Ice Cream

**Active Time:** 20 minutes | **Total Time:** 8 hours | **Serves:** 10

### Nutrition Information Per Serving

230.9 calories, 11.69 g carbohydrate, 0.02 g fiber, 2.07 g NET carbs, 1.44 g protein, 23.57 g fat

#### Ingredients

- 1/8 tsp(s) Bob's Red Mill Xanthan Gum
- 30 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 8 Tbsp(s) Wholesome Sweeteners Organic Zero
- 2 tsp(s) organic vanilla extract
- 2 cup(s) organic heavy cream
- 1 cup coconut milk
- 1 Tbsp grass-fed butter
- 1 1/2 ounce(s) vodka

#### Preparation

1. Using a Magic Bullet or spice grinder, powder the erythritol.&nbsp;
2. Place heavy cream, coconut milk, butter and powdered erythritol in a medium saucepan. Gently simmer over medium low heat for a few minutes to dissolve crystals.&nbsp;
3. Remove from heat and whisk in xanthan gum, vanilla extract, stevia and vodka.&nbsp;
4. Transfer to the refrigerator to chill for at least 3 hours.
5. Pour into freezer bowl of ice cream maker and follow manufacturers instructions.&nbsp;
6. Place into freezer until firm, about 2 hours.

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