

Chocolate Coffee Ice Cream

INGREDIENTS

2 cups Heavy Cream (480 g)
1 cup Coffee
½ cup Cocoa Powder (50 g)
⅓ cup Swerve Erythritol (75 g)
4 Eggs (200 g)
1 tsp Vanilla Extract
Pinch of Stevia Extract Powder
Pinch of Salt

NUTRITION (per serving)

Number of Servings - 4
552 Calories
Fat - 52 g
Protein - 11 g
Carbohydrate - 11 g
Fiber - 4 g
Sugar - 4 g
NET CARBS - 8 g

DIRECTIONS

1. Put the cream in a medium saucepan on low-heat (do not let boil)
2. Brew cup of coffee, while hot mix in the cocoa powder, Swerve, salt and stevia
3. Take the cream off the heat, and whisk together with coffee mixture
4. Scramble and temper the eggs into the cream
5. Return to low-heat, whisk continuously until temperature reaches 158 - 176 °F
6. Remove from heat and add vanilla extract, let cool overnight in the fridge
7. Freeze according to ice cream maker instructions

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