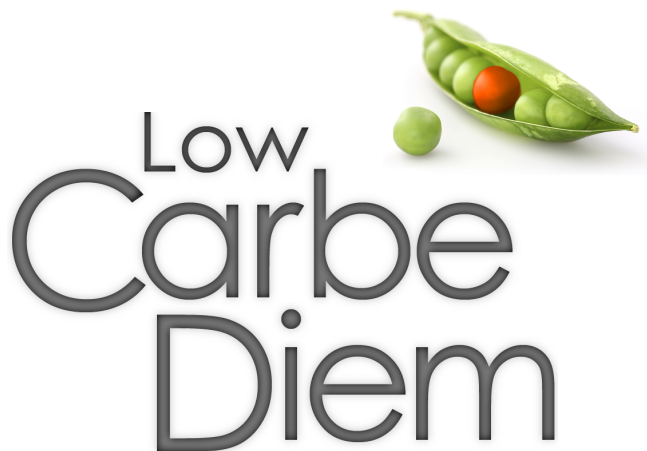




Low Carb Ice Cream, Sherbets & Frozen Dessert Recipes

Low
Carbe
Diem
seize the way



[Visit LowCarbeDiem.com](http://LowCarbeDiem.com)

Free Low Carb eBooks & Atkins Food Lists



Get Social: Click to Connect.

Pina Colada Icee



Ingredients:

2 cups light cream
1/2 cup crushed pineapples with juice
2 scoops vanilla protein powder
1/2 tsp coconut extract, optional
1 cup crushed ice

Very Simple: Mix all the ingredients in a blender on high. For variations, try with raspberries, peaches or strawberries.

4 Servings

Carb Count: Recipe Total 22.1 grams, Per Serving 5.5 grams

Coffee & Cream Icee



Ingredients:

4 cups espresso
2 cups heavy cream
liquid sweetener to taste
1 cup crushed ice

Combine in blender & enjoy! Yes, it's that easy. For variations, try adding mint, crushed peppermint, cocoa powder, vanilla or cinnamon.

4 Servings

Carb Count: Recipe Total 18.2 grams, Per Serving 4.5 grams

Chocolate Frosty



Ingredients:

1 cup heavy cream

1 tsp vanilla extract

2 packages sugar free cocoa mix

Beat cream and add vanilla. When soft peaks form, gradually add cocoa mix. Continue beating until stiff peaks form (about 30 seconds). Freeze for 30 minutes.

4 Servings

Carb Count: Recipe Total 16.1 grams, Per Serving 4 grams

Fudgsicles



Ingredients:

2 packages sugar free cocoa mix
1 cup heavy cream
1/2 cup softened cream cheese
1 tsp vanilla

Dissolve cocoa mix in 1/2 cup of hot water. Add heavy cream and cream cheese and mix well. Pour into Popsicle molds or ice cube trays, add sliced fruit (optional) and freeze.

4 Servings

Carb Count: Recipe Total 14.7 grams, Per Serving 3.9 grams

Vanilla Bean Frozen Yogurt



Ingredients:

3 egg yolks

2 tablespoons xylitol

4 tablespoons Splenda

1 cup heavy cream

1 cup of plain (full-fat) yogurt

2 teaspoons vanilla extract

In the top of a double boiler (off heat) combine egg yolks and sweeteners. Beat until thick. Beat in heavy cream, set the pot over simmering water. Whisk the mixture occasionally at first. Beat continuously until thick. Remove from heat. Add yogurt and vanilla extract; beat until well mixed. Cover, refrigerate for several hours. Stir occasionally to prevent a skin. An hour before serving, add to ice cream maker and churn according to instructions.

7 servings, about 1/2 cup each

Carb Count: Recipe Total 33 grams, Per Serving 4.6 grams

Lemon Sherbet



Ingredients:

juice and zest of 2 lemons
2 egg yolks
3 cups light cream
1/2 cup liquid sweetener

Blend all ingredients well. Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

6 Servings

Carb Count: Recipe Total 19.5 grams, Per Serving 3.2 grams

Strawberry Sherbet



Ingredients:

2 cups fresh, ripe strawberries
4 tablespoons xylitol
7 tablespoons Splenda
1 tablespoon lemon juice
3/4 cup heavy cream

Place strawberries in a food processor or a blender and puree; transfer to a mixing bowl. Add sweeteners and lemon juice. Stir well. Refrigerate the strawberries until thoroughly chilled. An hour before serving, add the cream to ice cream maker and churn according to instructions.

7 servings, about 1/2 cup each

Carb Count: Recipe Total 40 grams, Per Serving 5.6 grams

Raspberry Sherbet



Ingredients:

2 cups raspberries, pureed
1/4 cup Splenda
1 tbsp lemon juice
4 egg whites, beaten stiff

Mix raspberries with Splenda and lemon juice. Fold the berries into the egg whites and mix thoroughly. Spoon into a plastic container and freeze for 4 hours.

5 Servings

Carb Count: Recipe Total 27 grams, Per Serving 5.4 grams

Strawberry Ice Cream



Ingredients:

2 cups strawberries
3 cups light cream
2/3 cup Splenda
1 tsp vanilla extract

Place blended strawberries in ice cream maker container, add remaining ingredients. Mix with spoon until well blended and freeze according to instructions. Churn an hour before serving.

12 Servings

Carb Count: Recipe Total 65 grams, Per Serving 5.4 grams

Raspberry Ice Cream



Ingredients:

- 1 cup raspberries
- 1 1/2 cup Splenda
- 2 tbsp lemon juice
- 4 cups heavy cream
- 1 tsp vanilla extract

In a 3-quart saucepan combine raspberries, Splenda and lemon juice. Mash berries slightly and cook over medium heat, stirring occasionally, until the mixture comes to a boil. Simmer 5 minutes. Remove from heat and puree in a blender. Cool the mixture. Add cream and vanilla. Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

10 Servings

Carb Count: Recipe Total 92.5 grams, Per Serving 9.25 grams

Pecan Ice Cream



Ingredients:

4 cups heavy cream
1 cup Splenda
2 tbsp butter
1 tsp vanilla extract
1/2 cup toasted pecans

Combine half of the cream with Splenda and butter in a medium saucepan. Cook, stirring constantly over low heat until bubbles form around the edges of the pan. Cool mixture and put in the ice cream machine. Stir in remaining cream and vanilla. Freeze as directed by your machine's manufacturer. Add pecans after ice cream begins to harden.

10 Servings

Carb Count: Recipe Total 74 grams, Per Serving 7.3 grams

Chocolate Ice Cream



Ingredients:

- 2 oz unsweetened chocolate
- 1/4 cup unsweetened cocoa powder
- 2 eggs
- 1 cup Splenda
- 2 cups whipping cream
- 1/2 cup water
- 1 tsp vanilla extract

Melt unsweetened chocolate in a double boiler. Whisk in the cocoa and heat, stirring constantly until smooth. Whisk in cream and water. Remove from heat. In a bowl, whisk the eggs until light and fluffy. Whisk in the Splenda. Pour in cream and vanilla, and blend. Combine and blend chocolate with cream mixture. Cover, refrigerate until cold. Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

10 Servings

Carb Count: Recipe Total 63.7 grams, Per Serving 6.3 grams

Coffee Ice Cream



Ingredients:

6 egg yolks
1/2 cup Splenda
2 cups cream
4 cups coffee

Beat the egg yolks with the Splenda. Add cream and coffee. Add to a sauce pan and heat until thick. Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

4 Servings

Carb Count: Recipe Total 31.2 grams, Per Serving 7.8 grams

Mint Ice Cream



Ingredients:

4 egg yolks
3 cups heavy cream
1 tsp mint extract
2/3 cup Splenda

Combine half of the cream and the mint extract in a saucepan. Simmer. Remove from heat and let stand for 30 minutes. Mix in the remaining cream. Beat egg yolks and Splenda until pale yellow. Gradually beat in the cream mixture. Return mixture to saucepan and stir over medium heat until thick. Do not let the mixture boil! Chill. Once the mixture is cold, place in ice cream maker and freeze according to instructions. Churn an hour before serving.

6 Servings

Carb Count: Recipe Total 46.8 grams, Per Serving 7.8 grams

Coconut Ice Cream



Ingredients:

- 1/2 cup toasted coconut, finely grated
- 4 egg yolks
- 2 tablespoons xylitol
- 4 tablespoons Splenda
- 1 cup heavy cream
- 2 teaspoons vanilla extract
- 1 cup coconut milk, canned

Toast grated coconut in a skillet over medium heat, stirring constantly. Remove and set aside. In a double boiler (off heat), combine egg yolks and sweeteners. Beat until thick. Add heavy cream and set the pot over simmering water. Beat continuously until thick. Remove from heat, add vanilla extract and coconut milk. Beat for a moment longer. Cover and refrigerate for several hours until chilled. Stir occasionally to prevent a skin. An hour before serving, churn the ice cream, following the manufacturer's instructions.

7 servings, about 1/2 cup each

Carb Count: Recipe Total 26 grams, Per Serving 3.6 grams

Peach Ice Cream



Ingredients:

- 1 cup fresh, ripe peaches
- 4 egg yolks
- 3 tablespoons xylitol
- 5 tablespoons Splenda
- 1 cup heavy cream
- 3/4 cup half-and-half

Cut peeled peaches into small chunks. Crush lightly. Set aside. In a double boiler (off heat), combine egg yolks and sweeteners. Beat until thick. Add heavy cream and set the pot over simmering water. Beat continuously until thick. Add half-and-half and peaches. Cover and refrigerate for several hours. Stir occasionally to prevent a skin. An hour before serving, churn the ice cream, following the manufacturer's instructions.

7 to 8 servings, about 1/2 cup each

Carb Count: Recipe Total 54 grams, Per Serving 6.8 grams

Peaches & Cream Ice Cream



Ingredients:

8 ounces cream cheese, softened
1 cup Splenda
2 eggs
1 tbsp lemon juice
1 tsp vanilla
2 1/2 cups heavy cream
1/2 cup diced peaches

In a large mixing bowl, beat cream cheese and Splenda until smooth. Beat in the eggs, lemon juice, and vanilla until well combined. Stir in the cream and peaches. Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

10 Servings

Carb Count: Recipe Total 65 grams, Per Serving 6.4 grams

Peanut Butter Ice Cream



Ingredients:

2 eggs

1/2 cup Splenda

1/2 cup sugar free chunky peanut butter:
(24 grams in this recipe; check your brand

3 cups heavy cream

Whisk together the eggs and sugar until light and fluffy. Add the peanut butter and whisk until smooth. Mix in the whipping cream. Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

10 Servings

Carb Count: Recipe Total 65 grams, Per Serving 6.4 grams

Peanut Butter Swirl Ice Cream



Ingredients:

4 egg yolks
4 tablespoons xylitol
7 tablespoons Splenda
1 cup heavy cream
3/4 cup half-and-half
2 teaspoons vanilla extract
1/3 cup natural peanut butter

In a double boiler (off heat), combine egg yolks and sweeteners. Beat until thick. Add heavy cream and set the pot over simmering water. Whisk continuously until thick. Remove from heat, add half-and-half and vanilla extract. Stir well. Cover and refrigerate for several hours. Churn the ice cream; transfer to mixing bowl. Stir peanut butter gently into the ice cream, creating swirls and ribbons. Return the ice cream to the freezer. Serve promptly.

7 to 8 servings, about 1/2 cup each

Carb Count: Recipe Total 50 grams, Per Serving 6.9 grams