

Low Carb Blackberry Ice Cream

3.6 net carbs per serving for 10 servings.



LowCarbeDiem.com



- 1 c blackberries, chopped
- 1 tsp lemon juice
- 3/4 tsp liquid Splenda
- 4 c heavy whipping cream
- 1 tsp vanilla extract

DIRECTIONS

In a 3-quart saucepan combine blackberries, 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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3371

Calories from Fat: 3117

% Daily Values*

Total Fat 353g	543%
Saturated Fat 219g	1097%
Cholesterol 1305mg	435%
Sodium 358mg	15%
Total Carbohydrates 44g	15%
Dietary Fiber 8g	31%
Protein 21g	
Vitamin A	285%
Vitamin C	63%
Calcium	66%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Blueberry Ice Cream

4.2 net carbs per serving for 10 servings.



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- 1 c blueberries, mashed
- 1 tsp lemon juice
- 3/4 tsp liquid Splenda
- 4 c heavy whipping cream
- 1 tsp vanilla extract

DIRECTIONS

In a 3-quart saucepan combine blueberries, 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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3377

Calories from Fat: 3116

% Daily Values*

Total Fat 353g	543%
Saturated Fat 220g	1100%
Cholesterol 1305mg	435%
Sodium 367mg	15%
Total Carbohydrates 46g	15%
Dietary Fiber 4g	16%
Protein 20g	
Vitamin A	283%
Vitamin C	45%
Calcium	62%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Chocolate Frosty

2 net carbs per serving for 4 servings.



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- 1 c heavy whipping cream
- 1 tsp vanilla extract
- 2 pkgs sugar free cocoa mix

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 953	Calories from Fat: 891
	% Daily Values*
Total Fat 90g	139%
Saturated Fat 55g	274%
Cholesterol 326mg	109%
Sodium 89mg	4%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Protein 5g	
Vitamin A	70%
Vitamin C	2%
Calcium	16%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Chocolate Ice Cream

2.6 net carbs per serving for 8 servings.



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- 2 ozs unsweetened baking chocolate
- 1/4 c unsweetened cocoa powder
- 2 eggs
- 2 c heavy whipping cream
- 1/2 tsp liquid Splenda
- 1/2 c water
- 1 tsp vanilla extract

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2031

Calories from Fat: 1780

% Daily Values*

Total Fat 203g	312%
Saturated Fat 123g	617%
Cholesterol 1077mg	359%
Sodium 335mg	14%
Total Carbohydrates 34g	11%
Dietary Fiber 13g	53%
Protein 31g	
Vitamin A	151%
Vitamin C	5%
Calcium	43%
Iron	47%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Coconut Ice Cream

4.1 net carbs per serving for 6 servings.



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- 1/2 c shredded coconut meat
- 4 egg yolks
- 2 tbsps xylitol
- 6 drop liquid Splenda
- 1 c heavy whipping cream
- 2 tbsps vanilla extract
- 1 c coconut cream

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2067

Calories from Fat: 1826

% Daily Values*

Total Fat 205g	316%
Saturated Fat 147g	734%
Cholesterol 1177mg	392%
Sodium 136mg	6%
Total Carbohydrates 35g	12%
Dietary Fiber 10g	38%
Protein 26g	
Vitamin A	96%
Vitamin C	16%
Calcium	28%
Iron	49%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Coffee & Cream Icee

1.5 net carbs per serving for 4 servings.



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- 4 c espresso coffee
- 2 c heavy whipping cream
- 1 c crushed ice
- liquid sweetener, to taste

DIRECTIONS

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

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1726	Calories from Fat: 1637
	% Daily Values*
Total Fat 178g	274%
Saturated Fat 110g	552%
Cholesterol 653mg	218%
Sodium 319mg	13%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Protein 10g	
Vitamin A	140%
Vitamin C	8%
Calcium	33%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Coffee Ice Cream

3.5 net carbs per serving for 4 servings.



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DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 6 egg yolks
- 2 c heavy whipping cream
- 1/4 tsp liquid Splenda
- 4 c espresso coffee

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2083	Calories from Fat: 1918
	% Daily Values*
Total Fat 209g	321%
Saturated Fat 120g	600%
Cholesterol 1928mg	643%
Sodium 354mg	15%
Total Carbohydrates 14g	5%
Dietary Fiber 0g	0%
Protein 27g	
Vitamin A	179%
Vitamin C	8%
Calcium	46%
Iron	27%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Fudgsicles

2 net carbs per serving for 4 servings.



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- 2 pkgs sugar free cocoa mix
- 1 c heavy whipping cream
- 1/2 c neufchatel cheese, softened
- 1 tsp vanilla extract

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1100	Calories from Fat: 1014
	% Daily Values*
Total Fat 103g	159%
Saturated Fat 63g	316%
Cholesterol 369mg	123%
Sodium 316mg	13%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Protein 11g	
Vitamin A	83%
Vitamin C	2%
Calcium	20%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Lemon Sherbet

3.2 net carbs per serving for 6 servings.



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- 2 egg yolks
- juice and zest of 2 lemons
- 1/4 tsp liquid Splenda
- 3 c heavy whipping cream

DIRECTIONS

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

Churn an hour before serving.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2581	Calories from Fat: 2428
	% Daily Values*
Total Fat 274g	422%
Saturated Fat 168g	838%
Cholesterol 1404mg	468%
Sodium 283mg	12%
Total Carbohydrates 19g	6%
Dietary Fiber 0g	0%
Protein 20g	
Vitamin A	223%
Vitamin C	7%
Calcium	51%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Mint Ice Cream

3.2 net carbs per serving for 6 servings.



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- 4 egg yolks
- 3 c heavy whipping cream
- 1/3 tsp liquid Splenda
- 1 tsp mint extract

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2699

Calories from Fat: 2523

% Daily Values*

Total Fat 285g	438%
Saturated Fat 171g	854%
Cholesterol 1829mg	610%
Sodium 297mg	12%
Total Carbohydrates 19g	6%
Dietary Fiber 0g	0%
Protein 26g	
Vitamin A	236%
Vitamin C	7%
Calcium	55%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Peach Ice Cream

3.8 net carbs per serving for 8 servings.



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- 1 c peaches
- 4 egg yolks
- 3 tbsps xylitol
- 8 drop liquid Splenda
- 1 c heavy whipping cream
- 3/4 c half and half

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1368

Calories from Fat: 1146

% Daily Values*

Total Fat 130g	199%
Saturated Fat 74g	371%
Cholesterol 1244mg	415%
Sodium 192mg	8%
Total Carbohydrates 34g	11%
Dietary Fiber 3g	14%
Protein 23g	
Vitamin A	130%
Vitamin C	23%
Calcium	44%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Peaches & Cream Ice Cream

3 net carbs per serving for 8 servings.



LowCarbDiem.com



DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

8 ozs neufchatel cheese, softened

1/2 tsp liquid Splenda

2 eggs

1 tbsp lemon juice

1 tsp vanilla extract

2 1/2 c heavy whipping cream

1/2 c peaches, diced

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2842

Calories from Fat: 2539

% Daily Values*

Total Fat 283g	436%
Saturated Fat 174g	868%
Cholesterol 1412mg	471%
Sodium 1270mg	53%
Total Carbohydrates 28g	9%
Dietary Fiber 2g	7%
Protein 48g	

Vitamin A 245%

Vitamin C 27%

Calcium 61%

Iron 15%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Peanut Butter Ice Cream

4.6 net carbs per serving for 6 servings.



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DIRECTIONS

Whisk together the eggs and sweetener 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.

Serving sizes can vary. Nutrition Facts are for total recipe.

2 eggs

1/4 tsp liquid Splenda

1/2 c peanut butter, chunky

3 c heavy whipping cream

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3375

Calories from Fat: 3001

% Daily Values*

Total Fat 340g	523%
Saturated Fat 181g	904%
Cholesterol 1403mg	468%
Sodium 1011mg	42%
Total Carbohydrates 36g	12%
Dietary Fiber 8g	30%
Protein 60g	
Vitamin A	220%
Vitamin C	7%
Calcium	56%
Iron	25%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Pecan Ice Cream

3.8 net carbs per serving for 8 servings.



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- 4 c heavy whipping cream
- 1/2 tsp liquid Splenda
- 2 tbsps butter
- 1 tsp vanilla extract
- 1/2 c pecan halves, toasted

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3858

Calories from Fat: 3627

% Daily Values*

Total Fat 412g	633%
Saturated Fat 236g	1182%
Cholesterol 1367mg	456%
Sodium 593mg	25%
Total Carbohydrates 35g	12%
Dietary Fiber 4g	16%
Protein 24g	
Vitamin A	299%
Vitamin C	11%
Calcium	64%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Pina Colada Icee

5 net carbs per serving for 2 servings.



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DIRECTIONS

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

Serving sizes can vary. Nutrition Facts are for total recipe.

- 2 c heavy whipping cream
- 1/2 c pineapple, crushed
- 2 scoop vanilla protein powder
- 1/2 tsp coconut extract, optional
- 1 c crushed ice

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2119	Calories from Fat: 1587
	% Daily Values*
Total Fat 178g	275%
Saturated Fat 111g	553%
Cholesterol 663mg	221%
Sodium 827mg	34%
Total Carbohydrates 25g	8%
Dietary Fiber 3g	12%
Protein 110g	
Vitamin A	240%
Vitamin C	124%
Calcium	152%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Raspberry Ice Cream

4.1 net carbs per serving for 8 servings.



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- 1 c raspberries, pureed
- 2 tbsps lemon juice
- 3/4 tsp liquid Splenda
- 4 c heavy whipping cream
- 1 tsp vanilla extract

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3364

Calories from Fat: 3116

% Daily Values*

Total Fat 353g	543%
Saturated Fat 219g	1096%
Cholesterol 1305mg	435%
Sodium 358mg	15%
Total Carbohydrates 42g	14%
Dietary Fiber 9g	35%
Protein 21g	
Vitamin A	283%
Vitamin C	85%
Calcium	64%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Raspberry Sherbet

3.7 net carbs per serving for 4 servings.



LowCarbDiem.com



- 2 c raspberries, pureed
- 1 tbsp lemon juice
- 16 drop liquid Splenda
- 4 egg whites, beaten stiff

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 195	Calories from Fat: 11
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 219mg	9%
Total Carbohydrates 32g	11%
Dietary Fiber 17g	69%
Protein 16g	
Vitamin A	7%
Vitamin C	117%
Calcium	6%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Strawberry Ice Cream

4.1 net carbs per serving for 8 servings.



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- 2 c strawberries
- 3 c heavy whipping cream
- 1/3 tsp liquid Splenda
- 1 tsp vanilla extract

DIRECTIONS

Place blended strawberries in ice cream maker container, add remaining ingredients.

Mix with a spoon until well blended and freeze according to instructions.

Churn an hour before serving.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2563	Calories from Fat: 2342
	% Daily Values*
Total Fat 265g	408%
Saturated Fat 164g	822%
Cholesterol 979mg	326%
Sodium 271mg	11%
Total Carbohydrates 40g	13%
Dietary Fiber 7g	27%
Protein 16g	
Vitamin A	212%
Vitamin C	286%
Calcium	50%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Strawberry Sherbet

3.5 net carbs per serving for 6 servings.



LowCarbDiem.com



- 2 c strawberries, sliced
- 4 tbsps xylitol
- 1 tbsp lemon juice
- 16 drop liquid Splenda
- 3/4 c heavy whipping cream

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 719

Calories from Fat: 584

% Daily Values*

Total Fat 67g	103%
Saturated Fat 41g	206%
Cholesterol 245mg	82%
Sodium 71mg	3%
Total Carbohydrates 29g	10%
Dietary Fiber 8g	31%
Protein 6g	
Vitamin A	54%
Vitamin C	327%
Calcium	16%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.

Low Carb Vanilla Bean Frozen Yogurt

3.3 net carbs per serving for 6 servings.



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- 3 egg yolks
- 2 tbsps xylitol
- 4 tbsps liquid Splenda
- 1 c heavy whipping cream
- 1 c yogurt
- 1 tsp vanilla extract

DIRECTIONS

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.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1162	Calories from Fat: 998
	% Daily Values*
Total Fat 111g	171%
Saturated Fat 65g	323%
Cholesterol 995mg	332%
Sodium 225mg	9%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	0%
Protein 22g	
Vitamin A	95%
Vitamin C	4%
Calcium	52%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.