

Low Carb Vanilla Bean Frozen Yogurt

3.3 net carbs per serving for 6 servings.



LowCarbeDiem.com



- 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.