

---

# Low Carb Lemon Sherbet

3 net carbs per serving.



Low Carbe Diem  
[go HOME](#)

Servings: 6

2 egg yolks

juice and zest of 2 lemons

6 drops liquid stevia (or equiv), to taste

3 c heavy whipping cream

## DIRECTIONS

Blend all ingredients well.

Place in an ice cream maker and churn according to instructions. Freeze churned sherbet for an hour before serving. This makes sherbet with a perfect consistency.

- OR -

Place mixture into a container in the freezer, churning by hand with a fork / spoon / whisk every 30 minutes. This makes sherbet with a chunky-firm, icy consistency.

---

Per Serving: 420 Calories; 41g Fat (95.7% calories from fat); 1g Protein; 3g Carbohydrate; 0g Dietary Fiber.

Copyright: LowCarbeDiem.com