
Peanut Butter Ice Cream

5 net carbs per serving.



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Servings: 6

2 eggs

6 drops liquid stevia (or equiv), to taste

1/2 c peanut butter, raw or all-natural, chunky if possible

3 c heavy whipping cream

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 an ice cream maker and churn according to instructions. Freeze churned ice cream for an hour before serving. This makes ice cream 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 ice cream with a chunky-firm, icy consistency.

Per Serving: 552 Calories; 52g Fat (89.6% calories from fat); 8g Protein; 6g Carbohydrate; 1g Dietary Fiber.

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