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# Bulletproof® Pumpkin Ice Cream

2 net carbs per serving.



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Servings: 6

4 eggs  
4 egg yolks, whole  
2 tsps vanilla extract  
10 drop apple cider vinegar (or lime juice)  
2 1/2 tbsps Brain Octane® oil  
1 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)  
1/2 c pumpkin puree (or pumpkin extract)  
1/2 tsp ground cinnamon  
ground cloves, pinch  
ground nutmeg, dash  
stevia (or equiv), to taste  
1/2 c heavy whipping cream (or coconut cream)  
1/2 c water or ice

## DIRECTIONS

Blend everything EXCEPT the water/ice in a blender.

Add water or ice and blend some more. Ideally, you want a yogurt-like thickness and texture.

Add more water or ice for a firmer, icy texture. Add more heavy cream for a creamier texture.

Pour the mixture into an ice cream maker and churn according to the directions. 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.

### **Use Cooked Eggs Instead**

Warm the cream to 160 degrees and add eggs. Stir well. Let cool and place in the fridge until completely chilled.

Once chilled, add to blender and continue recipe.

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Per Serving: 237 Calories; 21g Fat (83.5% calories from fat); 6g Protein; 3g Carbohydrate; 1g Dietary Fiber.

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