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# Vanilla Bean Frozen Yogurt

3 net carbs per serving.



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Servings: 6

3 egg yolks  
1/4 to 1/2 tsp (20-30 drops) liquid stevia (or equiv), to taste  
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 sweetener. 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.

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

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Per Serving: 190 Calories; 17g Fat (86.3% calories from fat); 3g Protein; 3g Carbohydrate; 0g Dietary Fiber.

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