
Mint Ice Cream

3 net carbs per serving.



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Servings: 6

4 egg yolks

3 c heavy whipping cream

6 drops liquid stevia (or equiv), to taste

1 tsp mint extract (Sub crushed mint leaves, to taste.)

DIRECTIONS

Combine half of the cream and the mint extract in a saucepan. Simmer. Remove from heat and let stand for 30 minutes.

Mix in the remaining cream. Beat egg yolks and stevia until pale yellow. Gradually beat in the cream mixture.

Return mixture to saucepan and stir over medium heat until thick. Do not let the mixture boil!

Chill. Once the mixture is cold, 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: 439 Calories; 43g Fat (94.9% calories from fat); 2g Protein; 3g Carbohydrate; 0g Dietary Fiber.

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