

---

# Peaches & Cream Ice Cream

4 net carbs per serving.



Low Carbe Diem  
[go HOME](#)

Servings: 8

8 oz neufchatel cheese, softened  
8 drops liquid stevia (or equiv), to taste  
2 eggs  
1 tbsp lemon juice  
1 tsp vanilla extract  
2 1/2 c heavy whipping cream  
1/2 c peaches, diced

## DIRECTIONS

In a large mixing bowl, beat cream cheese and liquid stevia until smooth.

Beat in the eggs, lemon juice, and vanilla until well combined.

Stir in the cream and peaches.

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: 369 Calories; 51g Fat (87.4% calories from fat); 12g Protein; 4g Carbohydrate; trace Dietary Fiber.

Copyright: LowCarbeDiem.com