
Blueberry Ice Cream

4 net carbs per serving.



Low Carbe Diem
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Servings: 8

1 c blueberries, mashed
1 tsp lemon juice
10 drops liquid stevia (or equiv), to taste
1 1/2 c heavy whipping cream
1 tsp vanilla extract

DIRECTIONS

In a 3-quart saucepan combine blueberries, stevia and lemon juice.

Mash berries slightly and cook over medium heat, stirring occasionally, until the mixture comes to a boil. Simmer 5 minutes.

Remove from heat and puree in a blender. Cool the mixture. Add cream and vanilla.

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: 162 Calories; 15g Fat (89.2% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber.

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