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# Blackberry Ice Cream

3 net carbs per serving for 10 servings.



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Servings: 10

1 c blackberries, chopped  
1 tsp lemon juice  
10 drop stevia (or equiv)  
4 c heavy whipping cream  
1 tsp vanilla extract

## DIRECTIONS

In a 3-quart saucepan combine blackberries, 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.

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Per Serving: 327 Calories; 32g Fat (94.7% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber.

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