

---

# Bulletproof® Coffee Ice Cream

1.8 net carbs per serving.



Low Carbe Diem  
[go HOME](#)

Servings: 8

4 eggs  
4 egg yolks, whole  
2 tsps vanilla extract  
10 drops apple cider vinegar (or lime juice)  
2 1/2 tbsps Brain Octane® oil  
1 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)  
12 ozs Bulletproof® Coffee, freshly brewed or cold-steeped using 6 tbsps of ground Bulletproof® Coffee  
2 tbsps unsweetened cocoa powder  
stevia (or equiv), to taste  
3/4 c heavy whipping cream (or coconut cream)  
1/2 c water or ice

## DIRECTIONS

Blend everything EXCEPT the water/ice in a blender.

Add water or ice and blend some more. Ideally, you want a yogurt-like thickness and texture.

Add more water or ice for a firmer, icy texture. Add more heavy cream for a creamier texture.

Pour the mixture into an ice cream maker and churn according to the directions. 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.

## Use Cooked Eggs Instead

Warm the cream to 160 degrees and add eggs. Stir well. Let cool and place in the fridge until completely chilled.

Once chilled, add to blender and continue recipe.

---

Per Serving: 201 Calories; 18g Fat (85.9% calories from fat); 5g Protein; 2g Carbohydrate; 0.2g Dietary Fiber.

Copyright: LowCarbeDiem.com

Bulletproof® and Brain Octane® are registered trademarks owned by Bulletproof Digital, Inc.