
Bulletproof Matcha Ice Cream

2 net carbs per serving.



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Servings: 6

4 eggs
4 egg yolks, whole
2 tsps vanilla extract
10 drops apple cider vinegar (or lime juice)
1 tbsp coconut oil (or MCT oil)
1 tbsp unsalted butter
8 ozs green tea brewed with 8 tea bags, Matcha or equiv.
stevia (or equiv), to taste
1 c heavy whipping cream (or coconut cream)
1/2 c water or crushed ice (for consistency)

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.

Per Serving: 263 Calories; 24g Fat (87.2% calories from fat); 6g Protein; 2g Carbohydrate; 0g Dietary Fiber.

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