
Bulletproof® Matcha Ice Cream

2 net carbs per serving.



Low Carbe Diem
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Servings: 6

4 eggs
4 egg yolks, whole
2 tsps vanilla extract
10 drop apple cider vinegar (or lime juice)
2 1/2 tbsps Brain Octane® oil
1 tbsp unsalted butter, grass-fed (or Bulletproof® Ghee)
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.

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: 297 Calories; 28g Fat (88.6% calories from fat); 6g Protein; 2g Carbohydrate; 0g Dietary Fiber.

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