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# Dark Chocolate Ice Cream

2 net carbs per serving.



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Servings: 8

2 oz unsweetened baking chocolate  
1/4 c unsweetened cocoa powder  
2 eggs  
2 c heavy whipping cream  
8 drops liquid stevia  
1/2 c water  
1 tsp vanilla extract

## DIRECTIONS

Melt unsweetened chocolate in a double boiler. Whisk in the cocoa and heat, stirring constantly until smooth. Whisk in cream and water.

Remove from heat. In a bowl, whisk the eggs until light and fluffy. Whisk in the stevia. Pour in cream and vanilla, and blend.

Combine and blend chocolate with cream mixture. Cover, refrigerate until cold.

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.

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Per Serving: 249 Calories; 23g Fat (88.3% calories from fat); 3g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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