
Strawberry Ice Cream

4 net carbs per serving.



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Servings: 8

2 c strawberries
3 c heavy whipping cream
8 drops liquid stevia (or equiv), to taste
1 tsp vanilla extract

DIRECTIONS

Place blended strawberries in ice cream maker container, then add remaining ingredients.

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.

Per Serving: 313 Calories; 30g Fat (92.7% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber.

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