
Toasted Coconut Ice Cream

3 net carbs per serving.



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Servings: 6

1/2 c shredded coconut meat
4 egg yolks
1/4 to 1/2 tsp (20-30 drops) liquid stevia (or equiv), to taste
1 c heavy whipping cream
2 tbsps vanilla extract
1 c coconut cream

DIRECTIONS

Toast shredded coconut in a skillet over medium heat, stirring constantly. Remove and set aside.

In a double boiler (off heat), combine egg yolks and sweetener. Beat until thick. Add heavy cream and set the pot over simmering water.

Beat continuously until thick. Remove from heat, add vanilla extract and coconut cream. Beat a moment longer.

Cover and refrigerate for several hours until chilled. Stir occasionally to prevent a skin.

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: 341 Calories; 33g Fat (89.2% calories from fat); 4g Protein; 5g Carbohydrate; 2g Dietary Fiber.

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