

White Chocolate Raspberry Ice Cream

Hands-on 20-30 minutes Overall 4-5 hours

Nutritional values (per serving, 3/4 cup): Total carbs: 5.2 g, Fiber: 1 g, **Net carbs: 4.2 g,**

Protein: 3.3 g, Fat: 36.5 g, Calories: 366 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

2 1/2 cups heavy cream (600 ml/ 20 fl oz)

1 cup unsweetened [almond milk](#) (240 ml/ 8 fl oz)

1/2 cup [Swerve Sweetener](#) or other [erythritol](#)-based sweetener
(100 g/ 3.5 oz)

4 large egg yolks

1 1/2 ounces [cocoa butter](#), chopped (43 g)

1/2 tsp [xanthan gum](#)

Optional: 3 tbsp vodka (45 ml)

1 tsp sugar-free [vanilla extract](#)

1/4 tsp [liquid stevia](#) extract

1 1/2 cups frozen raspberries (225 g/ 8 oz)

KetoDiet note: If you are strictly paleo/primal, you can use 2 tbsp of grass-fed gelatin mixed with 1/4 cup water instead of the [xanthan gum](#).

For those who are dairy-intolerant I'd recommend [coconut milk](#) such as [Aroy-D](#) instead of the cream.

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Instructions

1. Set a large bowl over an ice bath and set aside.
2. Combine cream, almond milk and sweetener in medium saucepan over medium heat. Stir until sweetener dissolves and mixture reaches 175F on an instant read thermometer.
3. Whisk egg yolks in a medium bowl. Slowly add about 1 cup of the hot cream mixture, whisking continuously, to temper the yolks. Then slowly whisk egg yolk mixture back into cream, whisking continuously.
4. Cook until mixture reaches 180F on an instant read thermometer. Remove from heat and add chopped cocoa butter. Let stand one minute to melt, then whisk to combine.
5. Sprinkle mixture with xanthan gum and whisk vigorously to combine.

6. Pour mixture into bowl set over ice bath and allow to cool 10 minutes. Then wrap tightly in plastic wrap and chill at least 3 hours.
7. Stir in vodka, if using, and stir in vanilla and stevia extract to combine. Pour mixture into the canister of an ice cream maker and churn according to manufacturer's directions.
8. Transfer half of the churned ice cream to an airtight container and swirl in half of the frozen raspberries. Transfer remaining mixture to the container and swirl in remaining berries.
9. Cover tightly and freeze until firm but not rock hard, about 1 hour.

Note: for truly scoopable ice cream, you can add 2 tbsp of vegetable glycerin along with the vanilla and stevia extracts. However, it is unclear how many carbs this would add. Vegetable glycerin is a sugar alcohol that many say does not affect blood sugar, much like erythritol. I cannot find a good source on the carb count or its affect on blood sugar. I use it sparingly but find it does help ice cream stay soft, even after hours in the freezer.

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