

Low-Carb Mint Chocolate Chip Ice-Cream

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving, 2 scoops): Total carbs: 10.5 g, Fiber: 4.8 g, **Net carbs: 5.7 g**,

Protein: 3.6 g, Fat: 25.3 g, Calories: 268 kcal,

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



Ingredients (makes 8 servings)

- 2 large ripe avocados (400 g / 14.2 oz)
- 2 cups / 1 can [coconut milk](#), BPA-free (440 ml / 14.9 fl oz)
- 1/2 cup [powdered Erythritol](#), or other healthy [low-carb sweetener](#) from [this list](#) (80 g / 2.8 oz)
- 15-20 drops [Stevia](#) extract (Clear / Vanilla)
- 1 tbsp [vanilla extract](#) ([recipe here](#)) or 1 [vanilla bean](#) (~ 1/2 tsp)
- 1/4 cup fresh mint or more to taste or just use [mint extract](#)
- 1/2 - 1 tbsp [mint extract](#) (not needed if you use mint, depends on your palate)
- 1 package [dark chocolate](#) chips / bar [dark 85% chocolate](#) (100 g / 3.5 oz)

*Note: Most [coconut milk](#) cans contain **toxic BPAs** - avoid them if you can. Keep in mind that a product has to be labeled "BPA-free", as manufacturers are not required to display if otherwise. I really like [Aroy-D coconut milk](#) - in my opinion, it is the best tasting and also BPA-free. If you use [almond milk](#), the result won't be as creamy but sherbet-like. Another additive you may want to avoid is **propylene glycol** found in some food extracts. Have a look at [my post here](#) to learn more.*

Tips for soft ice-cream:

This recipe produces soft and creamy ice-cream. However, once left in the freezer for several hours, it will get hard. Below are some tips to help you keep it soft:

[Vodka](#) or other similar alcoholic drink - about 1/4 cup. Vodka is best as it's neutral and leaves no aftertaste.

[Vegetable glycerin](#) - 1-2 tablespoons. This ingredient will prevent crystallisation. It has a minimum effect on blood sugar but I personally count all the carbs in it because it has more calories than sugar.

[MCT oil](#) - about 1/4 cup.

Also, put the ice-cream in [single-serving containers](#) so you don't have to wait for too long until it softens when taken out of the

freezer.

Instructions

1. Halve the avocado and scoop the pulp in a bowl. Very ripe avocados work best!
2. Add coconut milk, mint, powdered Erythritol and stevia. I keep my coconut milk in the fridge, so it creamed but it's not required in this recipe. Use the whole can - the cream and the water. *You can use heavy whipping cream or almond milk instead of the coconut milk.*
3. Add vanilla (and optionally mint extract, ideally spearmint) ... *Adding alcohol-based extracts prevents the ice-cream from getting too hard.*
4. ... and blend until smooth. Place the mixture into the ice-cream maker and process according to the manufacturer's instructions. It may take anything between 30-60 minutes depending on your ice-cream maker. *If you don't have an ice-cream maker, freeze the coconut milk (or cream) and blend with the rest of ingredients (apart from the chocolate chips). Then, add the chocolate chips and mix with a spoon.*
5. Meanwhile, chop the dark chocolate into small pieces or use chocolate chips.
6. When the ice-cream is done, add the chocolate and mix with a spatula to distribute it evenly. Place in the freezer for 30-60 minutes if the ice-cream is too soft.
7. Enjoy immediately or transfer into single-serving containers and keep in the freezer. *Ice-cream straight from the freezer may be too hard but you know the trick. Microwave for 10-20 seconds or leave at room temperature for 20-30 minutes before serving!*

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