

Low-Carb Mint Chocolate Chip Ice-Cream

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving, 2 scoops/ 1/2 cup): Total carbs: 10.1 g, Fiber: 4.4 g,

Net carbs: 5.6 g, Protein: 3.6 g, Fat: 25.2 g, Calories: 264 kcal,

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



Ingredients (makes 8 servings/ 4 cups)

- 2 large ripe avocados (400 g/ 14.2 oz)
- 2 cups (1 can) [coconut milk](#) or heavy whipping cream (440 ml/ 14.9 fl oz)
- 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)
- 15-20 drops [Stevia](#) extract
- 1 tbsp sugar-free [vanilla extract](#) or seeds from 1 [vanilla bean](#)
- 1/4 cup fresh mint or 1/2 - 1 tbsp [mint extract](#) (to taste)
- 1 package [85% dark chocolate](#) bar, chopped or [dark chocolate](#) chips (100 g/ 3.5 oz)

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.

- 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. *Tip: 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.*
- Meanwhile, chop the dark chocolate into small pieces or use chocolate chips.
- 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.
- 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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Instructions

- Halve the avocado and scoop the pulp in a bowl. Very ripe avocados work best!
- 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.
- Add the vanilla (and optionally mint extract, ideally spearmint).