

Low-Carb Raspberry Mascarpone Popsicles

Hands-on 15 minutes Overall 4-5 hours

Nutritional values (per serving): Total carbs: 10.2 g, Fiber: 3.8 g, **Net carbs: 6.3 g**,

Protein: 5.3 g, Fat: 24.2 g, Calories: 282 kcal,

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



Ingredients (makes 8 servings)

- 1 package mascarpone cheese (250g / 8.8 oz)
- 1 cup single cream, 18-25% fat (240 ml / 8.1 fl oz)
- 2 cups fresh or frozen raspberries (250g / 8.7 oz)
- 1/4 cup [Erythritol](#) (non GMO) or other healthy [low-carb sweetener from this list](#) (40g / 1.4 oz)
- 10-15 drops [liquid Stevia](#) extract (Clear / Vanilla / Berry)
- 1 [vanilla bean](#)
- 2 tbsp natural [vanilla extract](#), unsweetened (alcohol-based works best)
- 1 bar [dark chocolate](#), 85% cacao (100g / 3.5 oz)
- 1 handful [almonds](#), whole (30g / 1.1 oz)
- 1/4 cup [freeze-dried raspberries](#), crumbled (5g / 0.2 oz)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

- In a bowl, mix the mascarpone cheese, cream, vanilla extract, Erythritol and stevia. Open and scrape the vanilla bean and add the seeds into the mixture. This will boost the vanilla flavour! *Note: Adding alcohol-based vanilla extract prevents the ice-cream from getting hard as rock. If you want to avoid alcohol, try arrowroot powder (1 tbsp = 7.6 g net carbs)*
- If you are using fresh raspberries, add them to the mixture and gently break using a whisk. If you prefer a smooth texture, blend them first. If you're using frozen raspberries, thaw them before adding to the mixture.
- Mix until well combined.
- Using a spoon, fill in the popsicle molds.
- Insert a wooden stick into each of them and place them in the freezer for at least 3-4 hours or until frozen.
- Remove from the freezer and leave them at room temperature for 5

minutes. This will make it easier to remove from the molds.

Pull the pops from the molds. Place them back to the freezer for about 30 minutes. They need to be well frozen before you start covering them in chocolate.

- Break the chocolate into squares and add to a heatproof bowl or a non-stick pan. Pour a small amount of boiling water to a saucepan and heat until simmering. Suspend the bowl with chocolate over the water, but do not allow the base of the bowl to touch it. Let the chocolate melt, stirring regularly. Alternatively, place in a microwave oven for 30-60 seconds. *Note: My favourite brands are Lindt and Green & Black's Organic.*
- Place crumbled freeze-dried raspberries on a plate and roughly chopped almonds on another.
- Remove the popsicles from the freezer. Take each popsicle and dip it half way in the melted chocolate.
- Quickly cover in crumbled freeze-dried raspberries before the chocolate solidifies and repeat for half of the popsicles.
- Cover the other half in roughly chopped almonds and place them back in the freezer for at least 30 minutes. *Note: You may want to try using roasted nuts, which will give a more distinctive taste than unroasted. Simply place raw nuts on a baking sheet and roast in a 175 °C/ 350 °F oven for 12 to 15 minutes, stirring once or twice to prevent burning.*
- Store in the freezer in an air-tight container. Enjoy! :-)

Suggestions

If you don't have freeze-dried raspberries, you can use more almonds.

You can avoid using sweeteners, as the ice-cream will get some sweetness from the raspberries. In either case, the effect on net carbs will be insignificant. Alternatively, you can use honey - just make sure you add the extra carbs.

For a nut-free option, use 1/4 cup desiccated coconut instead of almonds or more freeze-dried raspberries. For a dairy-free

version, try using coconut cream instead of cream and mascarpone cheese.

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