

Low-Carb Strawberry Cheesecake Ice-Cream

Hands-on 30 minutes Overall 1.5 - 2 hours

Nutritional values (per serving, 2 scoops): Total carbs: 6.5 g, Fiber: 1.5 g, **Net carbs: 4.9 g**,

Protein: 6 g, Fat: 27.2 g, Calories: 283 kcal,

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



Ingredients (makes 10 servings)

Crust:

1/2 cup [almond flour](#) (50g / 1.8 oz)

1 scoop [whey protein powder](#) (vanilla or plain) or egg white powder
or hydrolysed powdered gelatin (25g / 0.9 oz)

1/4 cup [Erythritol](#), non GMO, powdered, or other healthy [low-carb sweetener from this list](#) (40g / 1.4 oz)

10-15 drops [Stevia extract](#) (Clear / Vanilla)

1 [vanilla bean](#) (~ 1/2 tsp)

1/2 tsp [baking soda](#)

1/4 tsp salt (I used [pink Himalayan](#))

2 tbsp butter, melted

1-2 tbsp water

Ice-cream:

1 1/2 cups heavy whipping cream, 30-40% fat (360g / 12.7 oz)

1 cup cream cheese, full-fat (300g / 10.6 oz)

1 1/2 cups fresh or frozen strawberries (200g / 7.1 oz)

2 tbsp [alcohol-based vanilla extract](#) (or 2 tbsp vodka + sugar-free [vanilla extract](#))

1 [vanilla bean](#) (~ 1/2 tsp)

1 tbsp [arrowroot powder](#) (9g / 0.3 oz)

1/2 lemon, juiced

2 tbsp [Erythritol](#), non GMO, powdered, or other healthy natural low-carb sweetener from [this list](#) (20g / 0.7 oz)

5-10 drops [Stevia extract](#) (Clear / Vanilla / Berry)

Note: You can avoid using sweeteners, as the ice-cream will get some sweetness from the strawberries. 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 nut-free option, use 1/4 cup [coconut flour](#) instead of [almond flour](#) for the crust. For a dairy-free version, try using [coconut cream](#) instead of cream and cream cheese. When looking for

ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Prepare the ice-cream by making sure the cream is chilled and place together with the cream cheese in a large bowl. Add the sweeteners, lemon juice, vanilla bean, vanilla extract, arrowroot powder and combine well. *Note: Adding alcohol-based vanilla extract prevents it from getting too hard, while arrowroot powder helps with thickening. Both of them will help make the ice-cream nice and creamy. Also, Erythritol doesn't dissolve easily unless heated up. For a smoother texture you can blend it until powdered.*
2. Blend or mash the strawberries, add them to the bowl and mix well. Pour into the ice-cream maker and process according to the manufacturer's instructions. *Note: mine took just about 45 minutes. This varies based on the make of your ice-cream maker from 45-90 minutes!*
3. Meanwhile, prepare the crust. Preheat the oven to 200 °C/ 400 °F. Mix all the dry ingredients in a bowl.
4. Add melted butter and combine well. If the mixture is too dry, add a tablespoon of water.
5. Line a baking sheet with parchment paper (not wax paper), place the dough on it and roll into 1/8-1/4 inch thickness. Using a pizza cutter, cut the dough into small squares. Place the baking tray in the oven and cook for about 8-10 minutes until golden.
6. When done, set aside and leave to **cool down**.
7. Break the crust into the precut squares.
8. When the ice-cream is done, transfer into a large container and fold in the squares of the crust. Place in the freezer for at least 30-60 minutes before serving to allow the crust to soften. To store for later, place in small single-serving containers and keep in the freezer. *Note: You may prefer to use small*

containers for better portion control. Enjoy! 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!

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)