

# Low-Carb Strawberry Cheesecake Ice-Cream

Hands-on 30 minutes Overall 3-4 hours

**Nutritional values (per serving, about 2 scoops/ 100g/ 3.5 oz):** Total carbs: 6.1 g,

Fiber: 1.1 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)

### Ice cream:

- 1 1/2 cups heavy whipping cream (360 ml/ 12 fl oz)
- 1 1/4 cup full-fat cream cheese (300 g/ 10.6 oz)
- 1 1/2 cups fresh or frozen strawberries (200 g/ 7.1 oz)
- 2 tbsp [alcohol-based vanilla extract](#) (or 2 tbsp vodka seeds from 1 [vanilla bean](#))
- 1 tbsp [arrowroot powder](#) (9 g/ 0.3 oz)
- juice from 1/2 lemon (about 2 tbsp)
- 2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 5-10 drops [Stevia](#) extract, or to taste

### Crust:

- 1/2 cup [almond flour](#) (50 g/ 1.8 oz)
- 1 scoop [whey protein powder](#), egg white powder or hydrolysed powdered gelatin (25 g/ 0.9 oz)
- 1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 10-15 drops [Stevia](#) extract, or to taste
- seeds from 1 [vanilla bean](#) or 2-3 tsp sugar-free [vanilla extract](#)
- 1/2 tsp [baking soda](#)
- 1/4 tsp sea salt
- 2 tbsp melted butter, melted (30 ml)
- 1-2 tbsp water (15 to 30 ml)

## 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.
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. 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 (fan assisted), or 220 °C/ 425 °F (conventional). 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 completely. Do not use while still warm!
7. Break the crust into the pre-cut 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 1-2 hours to allow the crust to soften and the ice cream to set. To store for later, place in small single-serving containers and keep in the freezer. You may prefer to use small containers for better portion control.
9. 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.
10. Enjoy immediately or store in the freezer for up to 3 months.

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