

Keto Egnog Ice-Cream

Hands-on 30 minutes Overall 2-3 hours

Nutritional values (per serving, 2 scoops): Total carbs: 3.6 g, Fiber: 0.1 g, **Net carbs: 3.4 g**,

Protein: 4.2 g, Fat: 26.4 g, Calories: 280 kcal,

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



Ingredients (makes 8 servings)

2 cups [coconut milk](#) (480 ml/ 16 fl oz) - *I like [Aroy-D coconut milk](#)*

1 cup cream, heavy whipping or more [coconut milk](#) (240 ml/ 8 fl oz)

1/2 cup [Erythritol](#) or [Swerve](#) or other healthy [low-carb sweetener](#) from [this list](#) (80 g/ 2.8 oz)

5 large egg yolks

1 [vanilla bean](#) or 1 tsp [vanilla bean powder](#) or 1 tbsp unsweetened [vanilla extract](#) (you can [make your own](#))

1/2 tsp [cinnamon](#)

1 tsp nutmeg

1/4 cup water (60 ml/ 2 fl oz)

2 tsp [gelatine powder](#)

1/4 cup dark rum or brandy (60 ml/ 2 fl oz) or 1/2 - 1 tbsp [rum extract](#)

pinch sea salt

Optional: 15-20 drops [Stevia](#) extract (Clear [stevia](#) or Vanilla [stevia](#))

More tips for soft ice-cream:

This recipe produces soft and creamy ice-cream. Alcohol is what keeps it from getting hard when frozen for several hours. Below are more tips in case you want to avoid alcohol:

[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. Pour the coconut milk and cream (if used) in a large sauce pan

over a medium heat. Reserve 1/2 cup of coconut milk for later.

Add the Erythritol and stevia and stir well. If using vanilla bean, cut the vanilla bean lengthwise and scrape the seeds out. Add the seeds to the cream.

2. Apart from the seeds, also add the vanilla bean, cinnamon, ...

3. ... nutmeg, salt and stevia (if used). Mix until well combined and cook until foam forms on top. Then, lower the heat.

4. Meanwhile, in a small bowl, mix the egg yolks with the remaining coconut milk.

5. Remove the vanilla bean and discard. Slowly pour about a cup of the hot mixture into the cold egg yolk mixture while whisking. Then, slowly pour the egg mixture back in the sauce pan and keep mixing.

6. Cook while stirring until the mixture starts to thicken and the cream mixture lightly covers the spatula. It shouldn't get as thick as custard - just creamier. Then, take off the heat and set aside.

7. Mix the gelatine with the water and pour it into the cream mixture. Set the sauce pan over an ice bath (a bowl filled with iced water) and let it cool down, stirring occasionally.

8. Add the rum (or rum extract) and mix in well. Let it chill to room temperature.

9. Once it cools down, pour into the ice-cream maker ([I use a Cuisinart](#)) and process according to the manufacturer's instructions. It may take anything between 30-60 minutes depending on your ice-cream maker.

10. When done, scoop in a freezer-friendly container and place in the freezer for 30-60 minutes. *I like using small single-serving containers [like these](#).* Enjoy! :-)

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