

# Keto Neapolitan Ice-Cream

Hands-on 15 minutes Overall 3-4 hours

**Nutritional values (per serving, 1 slice):** Total carbs: 6 g, Fiber: 1.6 g, **Net carbs: 4.4 g,**

Protein: 3.8 g, Fat: 16.5 g, Calories: 185 kcal,

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



## Ingredients (makes 8 servings)

### Vanilla base:

3 large eggs, separated

1/4 tsp [cream of tartar](#) or [apple cider vinegar](#)

1/3 cup [Erythritol](#) or [Swerve](#), powdered or other healthy low-carb sweetener [from this list](#) (50 g/ 1.8 oz)

1 1/4 cups heavy whipping cream or [coconut milk](#) for dairy-free (300 ml / 10 fl oz)

1 tbsp sugar-free [vanilla extract](#) or 1 tsp [vanilla bean powder](#)

### For strawberry layer:

2 cups strawberries (300 g/ 10.7 oz)

### For chocolate layer:

1/4 cup unsweetened [cacao powder](#) (20 g/ 0.8 oz)

*Note for raw eggs: If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can **make it safe by using pasteurized eggs**. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 60 °C/ 140 °F. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.*

## Instructions

- Start by preparing the vanilla base.** Separate the egg whites from the egg yolks. Start whisking the egg whites and add the cream of tartar. As the egg whites thicken, slowly add the powdered Erythritol.
- Whisk until they create stiff peaks. *In another bowl*, whisk the cream... *If using whipped coconut milk instead of cream, here is a [great tutorial](#) that explains how to do it.*
- ... until soft peaks form when the whisk is removed. Be careful not to over whisk the cream. In a third bowl, mix the egg yolks...
- ... with the vanilla extract or vanilla powder. I used a combination of vanilla extract and vanilla bean powder.
- Slowly fold the whisked egg whites into the whipped cream. Then add the egg yolk mixture and gently fold in using a spatula until well combined. Divide the vanilla base into 3 parts. Place two parts into smaller bowls (one for the strawberry layer and one for the chocolate layer).
- Prepare the strawberry layer.** Wash the strawberries and cut the green ends off. Place them in a food processor and pulse until smooth.
- Pour the blended strawberries in one of the bowls with the vanilla base and gently fold in using a spatula. Set aside.
- Prepare the chocolate layer.** Sift the cocoa powder into the second bowl with the vanilla base and gently fold in using a spatula.
- To assemble the layers:** Place the chocolate layer in a loaf pan or a freezer-friendly container and spread gently using a spatula. Top with the vanilla layer, and finally add the strawberry layer. *I started with the thickest layer (chocolate) and used the most liquid layer on top (strawberry). Do not swap the order or the layers will not set well.*
- Freeze for at least 3-4 hours or until set. Cut into 8 slices and serve or place back in the freezer and store for up to 3 months.

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