

Keto Neapolitan Ice-Cream

Hands-on 15 minutes Overall 3-4 hours

Nutritional values (per serving, 1 slice): Total carbs: 6 g, Fiber: 1.8 g, **Net carbs: 4.2 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)

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](#)

2 cups strawberries (300 g/ 10.7 oz)

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

Instructions

1. **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.
2. 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.*
3. ... 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...
4. ... with the vanilla extract or vanilla powder. I used a combination of vanilla extract and vanilla bean powder.
5. 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).
6. **Prepare the strawberry layer.** Wash the strawberries and cut the green ends off. Place them in a food processor and pulse until smooth.
7. Pour the blended strawberries in one of the bowls with the vanilla base and gently fold in using a spatula. Set aside.

8. **Prepare the chocolate layer.** Sift the cocoa powder into the second bowl with the vanilla base and gently fold in using a spatula.
9. **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.*
10. 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.

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](#)