

# Keto Pumpkin Pie Ice Cream with Chocolate Swirls

Hands-on 30 minutes Overall 2 - 3 hours

**Nutritional values (per serving, 2 scoops, about 140 g/ 5 oz):** Total carbs: 7.2 g, Fiber: 1.8 g,

**Net carbs: 5.5 g,** Protein: 4.8 g, Fat: 32.4 g, Calories: 337 kcal,

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



## Ingredients (makes 8 servings)

- 4 large egg yolks, room temperature
- 1/2 cup granulated [Erythritol](#), [Swerve](#) or brown sugar substitute such as Sukrin (100 g/ 3.5 oz)
- 2 cups heavy whipping cream or [coconut cream](#), divided (480 ml/ 16 fl oz)
- 1/2 cup unsweetened [almond milk](#) (120 ml/ 4 fl oz)
- 2 tsp pumpkin spice, or to taste
- 1 tbsp sugar-free [vanilla extract](#)
- pinch of sea salt
- 1/2 cup + 2 tbsp canned [pumpkin puree](#) (165 g/ 5.8 oz)
- 1/4 cup water (60 ml/ 2 fl oz)
- 2 tsp [gelatin powder](#) or 2 gelatin sheets
- 1 bar [90% dark chocolate](#) (100 g/ 3.5 oz)

## Instructions

1. Pre-freeze the canister of your ice cream maker according to the manufacturers instructions (not required if you have an ice cream maker with a built-in freezer). Using an electric hand whisk, beat the egg yolks and low-carb sweetener together until pale.
2. Heat 1 cup of heavy cream and the almond milk on a low heat for about 5 minutes until you start to see small bubbles (do not let it boil). Remove from heat and allow to cool slightly. Stir regularly so it doesn't develop a skin on top.
3. Add the egg mix into the cooled pan with cream and stir until combined.
4. Return the pan to a low heat and stir continuously until it thickens, about 1 min. (Do not allow it to bubble or it may split.) Remove from heat and allow to cool to room temperature.
5. Meanwhile, lace the remaining 1 cup of cream in bowl and whip using an electric whisk until thick.
6. Fold the pumpkin spice powder, vanilla, salt and pumpkin puree

into the cream.

7. Whisk in the cooled egg mix using a balloon hand whisk. Cover with cling film and chill for 1 hour in the fridge.
8. Once chilled (after an hour), mix the gelatin in the water.
9. Immediately stir through the ice cream mix. Do this quickly before the gelatine blooms. (Note that you can achieve the same effect by adding gelatin mixed with water to the hot cream mixture in step 2.)
10. Pour the ice cream mixture into an ice cream maker and process according to the manufacturers instructions. This could take 15 to 45 minutes, depending on the ice cream maker being used.
11. Meanwhile, melt the dark chocolate in a water bath over a medium heat, and then allow to cool to room temperature.
12. Once the ice cream is done, transfer it to a large freezable container.
13. I used a loaf tin. Layer half the keto pumpkin pie ice-cream, drizzle some dark chocolate, add another layer of ice cream and top with more chocolate. Freeze for 1 to 2 hours until scoop-able.
14. Serve! If it's too hard to scoop, allow to soften on the kitchen counter for 10 to 15 minutes.
15. Optionally, drizzle with more melted dark chocolate before serving. Store in a freezer for up to 1 month.

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