

Keto Raspberry & Vanilla Ice Cream Soda Floats

Hands-on 30 minutes Overall 4 hours

Nutritional values (per serving): Total carbs: 8.6 g, Fiber: 1.7 g, **Net carbs: 6.9 g**,

Protein: 4.3 g, Fat: 16.9 g, Calories: 201 kcal,

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



Ingredients (makes 4 servings)

Vanilla Ice Cream:

- 2 large eggs, separated
- 1/8 tsp [cream of tartar](#) or apple cider vinegar
- 1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g / 1.4 oz)
- 1/2 cup + 2 tbsp heavy whipping cream or [coconut cream](#) for dairy-free (150 ml / 5 fl oz)
- 1/2 tbsp sugar-free [vanilla extract](#) or 1/2 tsp [vanilla bean powder](#)

This recipe is based on our [No-Churn Vanilla Keto Ice-Cream](#).

Raspberry Lemonade:

- juice from 2 lemons (about 1/2 cup, 120 ml)
- juice from 2 limes (about 1/3 cup, 80 ml)
- 3/4 cup raspberries (92 g / 3.2 oz)
- 4 cups water, sparkling or still (960 ml/ 32 fl oz)
- 2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g / 0.7 oz)
- 15 or more drops [liquid Stevia](#) such as [NuNaturals](#)

Instructions

1. Prepare the ice cream [by following this recipe](#) (use the ingredients listed above - you will only need half of the original recipe to make 4 soda floats).
2. Whilst the ice cream is freezing. Prepare the lemonade. Juice the lemons and limes. Pour into a large jug.
3. Blitz the raspberries (reserve a few raspberries for the ice cream) in a blender until smooth. Place the pureed raspberries in a muslin cloth and squeeze out the juice.
4. Add the raspberry juice to the lemon and lime juice in the jug and add the water. You can use more water if the taste is too strong for you.
5. Add the stevia (I used drops) and powdered Erythritol. Make sure you use powdered Erythritol or Swerve, otherwise the crystals won't

dissolve. Mix until well combined and no sweetener is on the bottom of the jug.

6. Remove the ice cream from the freezer. Pour the lemonade in tall serving glasses and top with a scoop of ice cream and add a few crushed raspberries. The lemonade is also served nice on its own. Simply add some ice cubes for a sugar free refreshing summer drink. Enjoy!

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