

Low-Carb Blackberry Lavender Ice Cream

Hands-on 20 minutes Overall 3 hours



Nutritional values (per serving, 2-3 scoops, 170 g/ 6 oz): Total carbs: 8.5 g, Fiber: 3.1 g,

Net carbs: 5.5 g, Protein: 3.3 g, Fat: 34.5 g, Calories: 363 kcal,

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

Ingredients (makes 8 servings)

3 cups heavy whipping cream *or* [coconut cream](#) (720 ml/ 24 fl oz)

1/2 cup granulated low-carb sweetener such as [Erythritol](#), [Swerve](#)
or [Allulose](#) (100 g/ 3.5 oz)

1 to 2 tbsp lavender buds (*if you are new to lavender, start with 1
tbsp*)

2 tsp [gelatin powder](#)

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

450 g blackberries, fresh or frozen and thawed (1 lb)

1 tbsp sugar-free [vanilla extract](#) (15 ml)

Instructions

1. In a saucepan, combine the cream, sweetener and lavender buds.
If you are new to lavender, start with 1 tablespoon or use up to 2
tablespoons.
2. Bring to a simmer over medium heat. Once simmering, immediately
take off the heat. Cover with a lid, set aside and let it infuse for 20
to 30 minutes.
3. Meanwhile, sprinkle the gelatin powder in a small bowl filled with
1/4 cup cold water. Let it soak while you prepare the lavender
cream.
4. Pour the lavender cream through a fine mesh sieve and let the
cream drip naturally. Do not press to squeeze or the cream will
taste bitter and the lavender flavour will be overpowering. Discard
the lavender.
5. Add the gelatin liquid and stir until completely dissolved, while the
mixture is still warm.
6. Let the mixture cool down completely. You can place the bowl in
another bowl filled with ice water to cool it down quickly, in just 5-10
minutes.
7. In another bowl, crush the blackberries using a fork. You can leave
in a few whole blackberries if you like. Add them to the cooled
lavender cream mixture and stir to combine.

8. Add the vanilla extract and stir in to combine.
9. Pour the mixture to your ice cream maker and churn until soft-
serve consistency (this will take about 60 minutes).
10. Spoon into a freezer-safe container and freeze for 1 hour
before serving or until ready to eat.
11. Remove from the freezer and serve. If you leave it in to longer
and the ice cream freezes too hard, leave at room temperature
for 10 minutes before scooping, or in the fridge for 30-60
minutes. It's easier if you use single or double serve
containers.
12. Scoop into a bowl (2-3 scoops per serving) and optionally top
with some fresh blackberries.
13. To store, freeze in a sealed container for up to 3 months.

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