

# No Churn Keto Rum & Raisin Ice Cream

Hands-on 30 minutes Overall 12 hours

**Nutritional values (per serving, 2 scoops, 115 g/ 4 oz):** Total carbs: 6.9 g, Fiber: 1.2 g,

**Net carbs: 5.8 g**, Protein: 1.9 g, Fat: 37 g, Calories: 391 kcal,

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



## Ingredients (makes 8 servings)

- 1 cup [Sugar-Free Dried Cranberries](#) (115 g/ 4 oz)
- 1/4 cup dark rum (60 ml/ 2 fl oz)
- 1 tbsp sugar-free [vanilla extract](#) (15 ml)
- 1 cup [Keto Condensed Milk](#) made with [Allulose](#) or [Dairy-Free Condensed Milk](#) (240 ml/ 8 fl oz)
- 2 cups heavy whipping cream or [coconut cream](#) (480 ml/ 16 fl oz)

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## Instructions

1. The day before you want to make the ice cream, soak the [Sugar-Free Dried Cranberries](#) in the rum. Add the rum and gently heat it until just boiling. Spoon into a container, add the vanilla extract and cover and leave to soak overnight until all the cranberry raisins are plump and most of the rum has been absorbed.
2. Prepare the [Keto Condensed Milk](#) or [Dairy-Free Condensed Milk](#). Let it cool down completely before combining with the remaining ingredients. Placing the sauce pan in a large pan filled with ice water will speed it up. (You can prepare this the day before just like the cranberry raisins, and leave it in the fridge overnight.)
3. Pour the cream (or use coconut cream) and condensed milk into a mixing bowl. Use a strainer to strain the rum into the mixture. Set the cranberries aside.
4. Use an electric mixer to beat until smooth and well combined. Do not over beat, the mixture should be whipped until soft (not stiff) peaks form. Fold in the cranberries.
5. Transfer the mixture into a loaf cake tin or any container, or more containers if needed. You could use 8 single-serve containers for better portion control.
6. Place in the freezer and freeze for about 4 hours or until set.
7. The ice cream will be ready to serve and scoopable but you could leave it on the kitchen counter for about 5 minutes before scooping. Store in the freezer for up to 3 months.