

No-Churn Keto Vanilla & Strawberry Ice Cream

Hands-on 20 minutes Overall 4 hours 20 minutes

Nutritional values (per serving, per serving, ~ 1 cup, 2 large scoops): Total carbs: 4.2 g,

Fiber: 0.5 g, **Net carbs: 3.7 g**, Protein: 5.3 g, Fat: 22.2 g, Calories: 247 kcal,

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



Ingredients (makes 6 servings)

1 cup fresh strawberries *or* frozen and thawed strawberries (150 g/ 5.3 oz)

1/4 cup powdered [Swerve](#) *or* [Erythritol](#) (80 g/ 2.8 oz)

1/4 tsp [vanilla bean powder](#) *or* 1 tsp sugar-free [vanilla extract](#)

1 1/4 cup heavy whipping cream *or* [coconut cream](#) (300 ml/ 10.1 fl oz)

4 large eggs, separated

1/4 tsp [cream of tartar](#) *or* apple cider vinegar

1 tbsp [vanilla extract](#)

Holiday tip: Swap the strawberries with our [Spiced Orange Cranberry Sauce!](#)

Instructions

1. To roast the strawberries, preheat oven to 175 °C/ 350 °F. Quarter the strawberries and place them in a mixing bowl (no cutting needed if you are using frozen strawberries). Sprinkle them with 1 teaspoon of the Swerve, reserving the rest for the ice cream. Add the vanilla powder and stir through the strawberries until they're well coated.
2. Spread out onto a baking tray and roast for 20 minutes. Remove from oven and let cool.
3. When cooled, blitz in a mini processor until they form a smooth puree.
4. Separate the egg whites from the egg yolks. Place the whites in your stand mixer bowl and start whisking then add the cream of tartar. As the egg whites thicken, slowly add the Swerve, beating well in between each addition. Whisk until they create stiff peaks.
5. In another bowl, whisk the cream until soft peaks form. Be careful not to over whisk the cream.
6. In a third bowl, mix the egg yolks with the vanilla extract.
7. 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.

8. Place alternate spoonfuls of ice cream mixture and strawberry puree into your ice cream container and then swirl with a spoon.
9. Freeze for at least 2 hours. Depending on the size of the container, this may take up to 4 hours. Scoop and serve! *Note: If you're using coconut cream instead of dairy cream, the ice cream won't be as fluffy and the serving size will be smaller. Or you can add more coconut cream.*
10. Store in freezer for up to 3 months. It's easier and better for portion control to divide and store the ice cream in individual single-serve containers. To serve, leave at room temperature for 15 minutes to soften.

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