

No-Churn Vanilla Keto Ice-Cream

Hands-on 10 minutes Overall 3-4 hours

Nutritional values (per serving, ~ 1 cup, 2 large scoops): Total carbs: 2.3 g, Fiber: 0 g,

Net carbs: 2.3 g, Protein: 5.1 g, Fat: 22.2 g, Calories: 238 kcal,

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



Ingredients (makes 6 servings)

4 large eggs, separated

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

1/2 cup [powdered Erythritol](#) or [Swerve](#) or other healthy low-carb sweetener [from this list](#) (80 g/ 2.8 oz)

1 1/4 cups heavy whipping cream or [coconut cream](#) for dairy-free (300 ml/ 10 fl oz)

1 tbsp sugar-free [vanilla extract](#) or 1 tsp [vanilla bean powder](#) or 1 [vanilla bean](#)

*Note: If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using **pasteurized eggs**. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 60 °C/ 140 °F. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs **cool down** before using in any recipe, or store in the fridge for 6-8 weeks.*

Tips for soft ice-cream:

This recipe produces soft and creamy ice-cream. However, once left in the freezer for more than 4 hours, it will get hard. Below are some tips to help you keep it soft:

[Vodka](#) or other similar alcoholic drink - about 1/4 cup. Vodka is best as it's neutral and leaves no aftertaste.

[Vegetable glycerin](#) - 1-2 tablespoons. This ingredient will prevent crystallisation. It has a minimum effect on blood sugar but I personally count all the carbs in it because it has more calories than sugar.

[MCT oil](#) - about 1/4 cup. I use it in other ice-cream recipes but I'm not sure how that would work in this one. It may "deflate" the fluffy texture.

Also, put the ice-cream in [single-serving containers](#) so you don't have to wait for too long until it softens when taken out of the freezer.

Instructions

1. Separate the egg whites from the egg yolks. Start whisking the egg whites and add the cream of tartar. As the egg whites thicken, slowly add the powdered Erythritol.
2. Whisk until they create stiff peaks. In another bowl, whisk the cream... *If using whipped coconut milk/ cream instead of cream, here is a [great tutorial](#) that explains how to do it.*
3. ... until soft peaks form when the whisk is removed. Be careful not to over whisk the cream. In a third bowl, mix the egg yolks...
4. ... with the vanilla extract or vanilla powder (or seeds from vanilla bean). I used a combination of vanilla extract and vanilla bean powder.
5. 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.
6. Place the mixture in a loaf pan or a freezer-friendly container and freeze for at least 2 hours (I froze mine for 4 hours).
7. Store in freezer for up to 3 months. Enjoy!

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