



15

Servings

20^{min}

Prep Time

25^{min}

Cook Time

45^{min}

Total Time

Christmas Ice-cream Cake

Ingredients

Ice-cream Base

60g butter
1000g cream
60g xylitol, powdered
½ tsp vanilla extract
3 tsp vegetable glycerin

Raspberry Ripe Layer

⅓ cup freeze dried raspberries, gently crushed
30g 95% dark chocolate, chopped roughly
2 tbsp desiccated coconut

Chocolate Layer

45g Well Naturally dark chocolate
1 ½ tsp cream
2 tbsp cacao powder

White Chocolate Layer

50g Vitawerx white chocolate
1 ½ tsp cream
30g flaked almonds, toasted

Optional Toppings

melted dark chocolate (30g dark chocolate and 1/2 tsp coconut oil)
freeze dried raspberries, crushed
desiccated coconut

Conventional Method

- 1 Place xylitol in a blender and blend until it becomes a fine powder.
- 2 Transfer xylitol to a saucepan along with the butter and cream. Place saucepan over a low heat and cook until thickened, stirring occasionally.
- 3 Allow to cool for around 10 minutes and then add the vanilla extract and vegetable glycerin, whisk well for 1 minute.
- 4 Transfer to a freezer proof, air tight container. A flat container is better than a tall one (I used two 1L flat containers) and transfer to the freezer for at least 6 hours. If you have a fast freeze option in your freezer press it. The faster food freezes, the smaller the ice crystals that form.

Conventional Method cont...

- 8 Remove from the freezer and gently run warm water over the bottom of the container. Turn upside down onto a chopping board and gently pry the ice-cream out with a spatula. Roughly chop and blend until smooth, then divide mix between 3 bowls.
- 9 Line a loaf tin with glad wrap (I find this easiest if I wet the loaf tin first, the glad wrap will stick to the sides).

Raspberry Ripe Layer

- 1 Add freeze dried raspberries, chopped dark chocolate and coconut to one bowl of ice-cream mix and combine well. Pour mixture into the loaf tin and smooth out with a spatula. Place in the freezer for 30 minutes or until firm (fast freeze if you have the option). Place the other bowls of ice-cream in the fridge until needed.

Chocolate Layer

- 1 Break up the milk chocolate and place it in a microwave proof bowl. Add the cream and microwave in 30sec bursts, mixing well each time. Only heat until just melted.
- 2 Stir really well and then slowly add to the second bowl of ice-cream mix, along with the cacao powder. Combine well and pour on top of the raspberry ripe layer in the loaf tin. Smooth out with a spatula and transfer to the freezer for at least 30 minutes.

White Chocolate Layer

- 1 Break up the white chocolate and place it in a microwave proof bowl. Add the cream and microwave in 30sec bursts, mixing well each time. Only heat until just melted.
- 2 Stir really well and then slowly add to the third bowl of ice-cream mix, along with the toasted flaked almonds. Combine well and pour on top of the chocolate layer in the loaf tin. Smooth out with a spatula and then cover tightly with glad wrap. Transfer to the freezer for at least 4 hours or overnight.

Serving

- 1 To serve, remove the loaf tin from the freezer and gently run warm water over the bottom of the tin for 30 seconds. Remove the glad wrap from the top of the tin and turn the tin upside down onto a serving platter. Holding the ends of the glad wrap that sits between the tin and the ice-cream, gently pry the ice-cream out of the tin and remove the glad wrap.
- 2 Decorate the ice-cream with your chosen toppings and slice as you serve it.
- 3 If there are any leftovers (which I doubt there will be!), they can go back in the freezer in an air tight container.

Thermomix Method

- 1 Place xylitol in the Thermomix and blend for 1 min/sp9 or until it becomes a fine powder. Scrape down the sides.
- 2 Add butter and cream and cook for 25 mins/80°/sp1.5
- 3 When finished allow to cool for 10 minutes.
- 4 Insert the butterfly and add the vanilla extract and vegetable glycerin. Mix for 1.5 mins/sp2.5.
- 5 Transfer to a freezer proof, air tight container. A flat container is better than a tall one (I used two 1L flat containers) and transfer to the freezer for at least 6 hours. If you have a fast freeze option in your freezer press it. The faster food freezes, the smaller the ice crystals that form.
- 6 Remove from the freezer and gently run warm water over the bottom of the container. Turn upside down onto a chopping board and gently pry the ice-cream out with a spatula. Roughly chop and place into the Thermomix bowl. Blend for 30 sec/sp7 and divide between 3 bowls.
- 7 Line a loaf tin with glad wrap (I find this easiest if I wet the loaf tin first, the glad wrap will stick to the sides).

...continue from Conventional Method Raspberry Ripe Layer

Macros Per Serve

Calories - 308 | Fat – 30.1g

Net Carbs – 2.7g | Protein – 2.6g