



6

Servings

5_{min}

Prep Time

11_{min}

Cook Time

16_{min}

Total Time

Keto Ice-cream

Ingredients

65g xylitol
30g butter
250g thickened cream
250g macadamia milk
2 tsp vanilla extract
1 ½ tsp vegetable glycerine
¼ tsp xanthan gum

Macros Per Serve

Calories - 224 | Fat – 20g
Net Carbs – 2.9g | Protein – 1g

Conventional Method

- 1 Place xylitol in a blender and blend until it becomes a fine powder.
- 2 Add powdered xylitol, butter, cream and macadamia milk to a medium sized saucepan and cook over a low heat for approximately 10-15 minutes or until thickened, stirring occasionally.
- 3 Allow to cool for 10 minutes.
- 4 Whisk in remaining ingredients thoroughly.
- 5 Pour mixture into a freezer proof, airtight container.
- 6 Freeze for 6 hours or overnight if possible.
- 7 Remove from freezer and sit the container in a sink of hot water (approx 2cm deep) for a few minutes. Just long enough to soften the edges to make it easier to remove.
- 8 Turn the container upside down on a chopping board and remove the ice-cream. You may need to encourage it with a spatula.
- 9 Chop roughly and blend on medium until creamy.
- 10 Return the mix to the freezer container and freeze until required.

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, cream and macadamia milk and cook for 11 mins/80°/sp1.
- 3 Once finished, allow to cool slightly (for approximately 10 minutes).
- 4 Insert the butterfly and add the remaining ingredients. Mix for 1.5 mins/sp2.5.
- 5 Pour mixture into a freezer proof, airtight container.
- 6 Freeze for 6 hours or overnight if possible.
- 7 Remove from freezer and sit the container in a sink of hot water (approx 2cm deep) for a few minutes. Just long enough to soften the edges to make it easier to remove.
- 8 Turn the container upside down on a chopping board and remove the ice-cream. You may need to encourage it with a spatula.
- 9 Chop roughly and blend for 30 sec/sp7.
- 10 Return the mix to the freezer container and freeze until required.