

# Gluten Free, Keto Friendly Home Made Ice Cream

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Who likes Ice Cream? Well, just about everyone does.

It is even better when you can make it at home in a soft-serve way, to which you know exactly what goes into it.

here is a easy way to make it at home. This uses a **electric ice-cream maker**.

## Ingredients:

- 4 Cups of Heavy Cream
- 4 Egg yolks
- 1 Cup **Splenda**, **sucralose**, **stevia** or **Erythritol**
- 1/2 tsp of **xanthan gum**
- 2 - 3 tsp **vanilla extract**
- Salt and Ice for your **electric ice-cream maker** per the directions

## Directions:

1. in a **large pot**, combine the heavy cream and half of the **Splenda**, **sucralose** or **stevia**.
2. Heat over medium heat while stirring just before it starts to boil (Do NOT let this boil or else you will ruin the cream)
3. Once you start to see bubbles forming on the cream, remove from the heat. I will usually use a **rubber scraper** to stir with to make sure the bottom is getting moved around.
4. In a **mixing bowl**, add the egg yolks and the rest of the **Splenda**, **sucralose**, **stevia** or **Erythritol**. Using a large spoon, take some of the hot cream out of the pan and add it into the egg yolks while immediately mixing the cream and the yolks with a **wire whisk** to temper the eggs. Add a few spoonfuls of the

cream to the egg mixture and mix to get the yolks up to temperature.

5. Add the eggs mixture to the cream and put the stove on low. Cook this for about 10-15 minutes until the mixture has thickened up. If you take a **rubber scraper** and get some of the cream mixture on it and you can use your finger to make a path and the path you made stays, it is thick enough.
6. Pour the cream mixture into a large **bowl** , mix in the **vanilla extract** and the **xantham gum** and cover with **plastic wrap** (you will want the plastic wrap to be literally on top of the cream so that it does not form a skin)
7. Put in the fridge overnight or put into the freezer until this has cooled off significantly (the colder the better, but not frozen at this point)
8. When it is cold enough, setup your **electric ice-cream maker** and spoon the cream into the **electric ice-cream maker** and let it do it's job.
9. Once done, I will usually put this into a new **bowl** and put into the freezer for about 30 minutes as it can be extremely soft.
10. Eat.

One side note is that this has the tenancy to turn into a block of ice when left in the freezer overnight, so it is best to make up only what you need.

Watch this video on Daily Motion - <http://dai.ly/x6hrijf>

## Nutrition Facts

Servings 6.0

Amount Per Serving

**calories** 570

% Daily Value \*

**Total Fat** 40 g 62 %

Saturated Fat	38 g	192 %
Monounsaturated Fat	17 g	
Polyunsaturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	336 mg	112 %
Sodium	59 mg	2 %
Potassium	172 mg	5 %
Total Carbohydrate	4 g	1 %
Dietary Fiber	0 g	0 %
Sugars	0 g	
Protein	5 g	10 %
Vitamin A		46 %
Vitamin C		0 %
Calcium		1 %
Iron		2 %