

Gluten Free, Keto Friendly, Low Carb, 90 second ice cream sandwich

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One thing that I miss about doing gluten free, and low carb at the same time is Ice Cream Sandwiches.

Here is a fairly good base for a ice cream sandwich that definatly works, especially if you make your own **ice cream**. If you need a recipe for a **ice cream**, I do have a recipe on how to make your own **Keto Friendly, Low Carb, Gluten Free Ice Cream**.

If you have your own Ice Cream made up, or you bougt some, the sandwiches here only take 90 seconds as we are using the base for the 90 **second bread**, to which we modified to make the **strawberry shortcakes**. This recipe is fairly simple and the nice thing is that you can easily add more cooa powder, remove cooca powder if it is too much for you. You can also add more **Erythritol** if you want, or you can add more **vanilla extract**. You could even make the sandwiches and put **low carb whipped cream** in between and freeze that for a while.

Here is how I made it.

Ingredients:

- 3 Tbsp **blanched almond flour**
- 3 tsp **baking powder**
- 1 egg
- 1 Tbsp butter
- 3-4 tsp **Erythritol**
- 2-3 tsp **vanilla extract**
- 2-3 tsp **cocoa powder**

Directions:

1. Grease a small pyrex bowl or a coffee mug
2. Mix all the ingredients into a bowl
3. Cook in your microwave for 90 seconds.
4. Let cool for a while
5. Cut in half and add some **Keto Friendly, Low Carb, Gluten Free Ice Cream** to the middle.
6. If you want, you can put it in the freezer for a bit to harden up the sandwich.

