Keto Ice Cream Cones

**Servings: 16 cones Prep Time: 10 mins Cook Time: 40 mins**

1/4 cup (30g) Lupin Flour

1/4 cup (42g) Urad Flour

2 tbsp (15g) Vital Wheat Gluten

1/2 cup Allulose or other Sweetener

1/4 tsp Salt

1/4 tsp Baking Powder

1/8 tsp Xanthan Gum

1/16 tsp Ascorbic Acid\*

1 Egg

1 Egg White

14-16 tbsp Non-Dairy Milk

3 tbsp Butter, melted

2 tsp Vanilla Extract

1 tsp Ground Vanilla\*

Special Equipment:

Blender or Food Processor

Ice Cream Cone Waffle Iron

Ice Cream Cone Holder

Begin by pouring all the wet ingredients: non-dairy milk, egg, egg white, melted butter, and vanilla extract into your blender or food processor cup.

Next, add the sweetener, lupin flour, urad flour, vital wheat gluten, salt, baking powder, xanthan gum, and ascorbic acid.

Mix for 1 minute in your blender or food processor. Heat the waffle iron and DO NOT spray with oil, or you will ruin the cones. When the light turns green, pour on some of the cone batter, about 1/4 of a cup. Lightly press the lid down onto the batter to help it spread out. Allow the cone to cook until iron indicates that it is done.

Remove the waffle from iron and set it on a paper towel. Using the form shaper, roll the waffle cone around it and allow it set, seam side down for a minute to let shape take hold.

After a minute, place the cone in an ice cream cone holder and repeat this process until all the cones are made.

Place finished cones in a dehydrator on 131F-140F for 45 minutes to 1 hour. If you don’t have a dehydrator, put them in the stove on the lowest temperature and adjust your time accordingly.

Finally, let the cone sit out overnight to complete the drying and hardening process. Store them in an airlock container.

**\*You don’t have to add Ascorbic Acid, but it will keep the cones fresher longer.**

**Nutritional Facts for 1 Ice Cream Cone:** 42.8Calories, 1.1g Net Carbs, 2.6g Fat, 2.8g Protein.