Creamy Keto Vanilla Ice Cream

**Servings: 6 Prep Time: 8 hours 30 mins Cook Time: 30-45 mins**

1 cup Non-Dairy Milk

2 cups Silk Alternative Heavy Cream or Regular Heavy Cream

6 Egg Yolks

1 1/4 cup Allulose or Sweetener of your choice

1 Vanilla Bean

1 1/2 -2 tsp Vanilla Extract

1/8 tsp Sunflower Lecithin

Special Equipment:

Ice Cream Maker

Double Insulated Ice Cream Container

Using a stainless-steel pot, add in milk, 1 cup of heavy cream, sunflower lecithin, and allulose or other sweetener. Turn stove on to medium and heat mixture until warm, stirring continuously, scraping the bottom with a rubber spatula or a wooden spoon.

Traces of sunflower lecithin will remain, but don’t worry. It will blend into the mixture later in the cooking process.

When the mixture is warm, remove from stove, split open the vanilla bean and scrape out the seeds. Add both beans and pod to ice cream mix. Give it a good stir, then cover the pot with a lid and let steep for 3o minutes.

In a bowl, whisk the egg yolks. After the 30 minutes, remove the vanilla pod from the mixture and set aside. Slowly, pour the warm ice cream mix into the egg yolks, mixing continuously until all has been added.

Now pour your ice cream custard back into the pot and cook on medium heat, stirring slowly throughout the duration, until the mixture thickens and coats the back of the spatula or spoon. This could take about 15 minutes or so.

In another bowl, add the remaining 1 cup of heavy cream and place a sieve over the top.

When the ice cream custard is ready, strain it into the heavy cream, removing any bits of eggs or lecithin that didn’t cook into the custard. Place bowl into an ice bath, add the vanilla extract and whisk until the ice cream mix cools about 3-5 minutes.

Add the vanilla bean pod back into the custard, then cover and refrigerate for at least 8 hours.

Prep your ice cream machine. When your mixture is ready, pour it into the machine and churn it according to the instructions of the machine. Eat the ice cream soft serve or freeze it in a double insulated container until ready to serve.

**Nutritional Facts for 1/2 cup serving of Vanilla Ice Cream:** 324.2 Calories, 0.8g Net Carbs, 31.4g Fat, 2.8g Protein.