

VANILLA MASON JAR ICE CREAM (KETO-FRIENDLY)

INGREDIENTS

- 1/2 cup heavy whipping cream
- 1.5 teaspoons powdered erythritol
- 3 drops liquid stevia
- 1/4 teaspoon vanilla extract



DIRECTIONS

1. Combine all ingredients in 12 ounce mason jar
2. Secure lid
3. Shake vigorously for 3-5 minutes. Liquid should about double in volume
4. Freeze for 3 hours. If frozen longer, remove from freezer for 5-7 minutes prior to eating.



Optional Flavors

- ⇒ Butter Pecan: melt 1 teaspoon butter (grass-fed if possible) in small skillet, toast pecans until lightly browned, about 5-6 minutes. Remove from heat, cool completely before adding all ingredients in mason jar.
- ⇒ Chocolate: Add 1 teaspoon cocoa powder to ingredients, follow above directions.
- ⇒ Top vanilla ice cream with fresh blueberries or strawberries