

# Low Carb Homemade Vanilla Ice Cream Recipe

## Ingredients

- 5 egg yolks
- 1 1/4 tsp. liquid stevia (or 6 teaspoons granulated)
- 3 level teaspoons vanilla extract (sugarless of course)
- 1 and 1/4 cup heavy cream or whipping cream
- 1 cup water

In a blender, blend egg yolks, stevia, vanilla and water (or mix by hand).

In a separate bowl, whip cream until very thick.

Fold the yolk mixture into the cream. Be careful not to break the fluffiness of the cream when folding in the mixture.

Pour into a bowl and freeze 2-3 hrs.

(If you didn't maintain the fluffy texture when combining the cream and the yolk, it is advisable to take it out after an hour or so and give it a little stir.)