

If you are a vanilla ice cream fan then this delicious soft scoop Keto Rich Vanilla Ice Cream is an absolute must. It is one of my staples. So easy to make and so easy to scoop and it will complement so many of your favorite desserts. And whether served on its own or with Keto Sticky Toffee Pudding or Keto Rhubarb Crumble, it's Oh sooo smooth and creamy. Yum!

Servings - 8

**Prep Time - 30 Mins | Chill Time - 4 Hrs | Total Time - 4 Hrs 30 Mins**

Difficulty - Easy



Cuisine - Asian

## RECIPE

### KETO RICH VANILLA ICE CREAM

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Coffee Grinder](#)

[Ice Cream Machine](#)

[Cookie/Ice Cream Scoop](#)

[Spatula](#)

[1 Ltr Airtight Container](#)

## INGREDIENTS

[400 g Keto Condensed Milk](#)

[1 1/2 Cups Double/Heavy Cream](#)

[1/3 Cup Allulose Sweetener \(powdered\)](#)

[2 Tbsp Vodka](#)

[1 Level Tsp Vanilla Bean Paste](#)

[1 Vanilla Pod](#)

[1/8 Tsp Himalayan Salt \(Ground\)](#)

## METHOD

Pour the Keto condensed milk into a large mixing bowl and whisk in the heavy cream, powdered sweetener, vodka, vanilla paste, seeds, and salt.

If required, freeze the canister of your ice cream maker. Chill the mixture for at least one hour. then pour into the ice cream maker and churn according to the manufacturer's directions.

Transfer to an airtight container and freeze until firm, at least 4 hours.

## SERVING SUGGESTIONS

Serve with any dessert as you would with traditional vanilla ice cream.

## STORAGE

Place in an airtight container in the freezer, and it keeps up to 45 days.

## NUTRITION FACTS

Per serving : 85 g | Calories 214 | Protein 0.8 g | Fat 13.9 g | Carbs 1.2 g | Fiber 0 g  
Net Carbs : 1.2 g

For more delicious recipes visit the recipe section of our website at:

<https://www.forhealthandlonglife.com/recipes>