



An absolutely delicious chocolate treat, Keto Chocolate Chip Ice Cream will delight everyone. It's really easy to make and even easier to eat. Everyone needs a little bit of spoiling.

Servings - 8

**Prep Time - 10 Mins | Chill Time - 30 Mins | Total Time - 40 Mins**

Difficulty - Easy



Cuisine - Italian

## RECIPE

# KETO CHOCOLATE CHIP ICE CREAM

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Ice Cream Machine](#)

[Mixing Bowls](#)

[Hand Mixer Electric](#)

[Non Stick Medium Saucepan](#)

[Large Fine Sieve](#)

[Spatula](#)

[1 Ltr Airtight Container](#)

[Cookie/Ice Cream Scoop](#)

[Coffee Grinder](#)

[Cling Film](#)

## INGREDIENTS

[2 Cups Double/Heavy Cream](#)

5 Large Egg yolks

[300 g Baker's Unsweetened Baking Chocolate](#)

[1/4 Cup Monk-Fruit/Erythritol blend sweetener](#)

[1/4 Cup Allulose Sweetener \(powdered\)](#)

[2 Tsp Vanilla Bean Paste](#)

[1/2 Cup Mini Chocolate Chips](#)

[Pinch of Himalayan Salt \(Ground\)](#)

## METHOD

Place your bowl and paddle of the ice cream maker into the freezer and allow it to freeze overnight. Beat the egg yolks and sweetener with an electric hand mixer, and set aside.

Add the cream to a medium saucepan and heat on medium until it reaches a gentle simmer.

Add 1/2 cup of the cream to the egg mixture, whisking the whole time. Add another 1/2 cup full of cream. Add the mixture to the saucepan and then add the dark chocolate to the cream, stirring constantly. Simmer on medium heat for approx 8-10 minutes, or until the custard thickens. When ready, the mixture should coat the back of a spoon.

Remove the chocolate custard from the heat and pour through a fine-mesh sieve. Add the salt and vanilla bean paste and whisk.

Allow the custard to cool.

Cover the custard with plastic wrap, making sure the plastic is touching the top of the custard, and chill in the fridge for at least 1 hour or overnight. The film will prevent a film of skin from forming on the custard.

Make sure that the custard is very cold before you add it to the ice cream maker. As a rule of thumb, the longer it is left to chill, the better.

When chilled, remove the custard from the fridge and pour it into the ice cream maker. Churn the custard for 25-30 minutes, according to your ice cream maker instructions.

Add the chocolate chips to the mixture during the last 5 minutes of churning. Once it reaches soft-serve consistency, it's ready!

Place the ice cream in an airtight container and place it in the freezer.

## STORAGE

Store in an airtight container in the freezer for up to 45 days.

## NUTRITION FACTS

Per serving : 92 g | Calories 422 | Protein 8.1 g | Fat 34 g | Carbs 8.8 g | Fiber 4.5 g  
Net Carbs : 4.4 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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