



Keto Mason Jar Ice Cream

The first time we made this Keto Ice Cream recipe, we were camping with the kids (that's how easy this is!). Since then we've also used mini mason jars and made individual servings for the kids! One batch makes 4 servings.

Recipe:

Mix together:

- 1 C Heavy Whipping Cream
- 1 T Powdered Swerve
- 1 Dropper Liquid Stevia (or another T of Swerve)
- 1.5 T of Cacao Powder
- 1 tsp Vanilla Extract
- 2 T Chocolate Chips

Prepare:

Mix together all ingredients in a mason jar.
Shake for 5 min.
Freeze for 1-2 hours.
Stir and enjoy!



The Keto Dad Tips and Tricks:

- Make it 2 Tablespoons of cacao if you like it chocolatey!
- Leftovers? We put it back in the fridge, then drop it in the freezer for 1-2 hours the next night!
- Don't want to shake for 5 minutes? Whip it with beaters, or make our chocolate frosty recipe!
- You can change it up and blend in berries too!

Makes 4 $\frac{1}{4}$ C Servings

Calories: 222, Fat: 21g, Carbs: 4g, Fiber: 1g, (Net Carbs 3) Protein: 5g

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