

Low Carb Strawberry Ice Cream

A low-carb version of your childhood favorite!

Ingredients

2 cups fresh strawberries, cleaned and sliced
1 tsp lemon juice
½ cup Splenda or granular artificial sweetener
¼ tsp salt
1 tsp vanilla
8 oz cream cheese, softened
1 cup half & half
1 cup heavy cream
1 Tbls vodka (keeps it creamier)



Directions

1. Combine all ingredients in blender and blend until smooth.
2. Pour into a freezer-safe container or zip-top freezer bag and place in freezer.
3. Stir (or squeeze) ice cream every 60 minutes for several hours. This will help it reduce crystalizing.
4. Serve with fresh berries.

Makes 8 servings

Nutrition Facts:

Calories 185
Total Fat 16g
Effective Carbohydrates 9g
Protein 4g