

Egg Fast Frozen Custard (Ice Cream...sort of) Recipe

Yield: 3 servings

Serving Size: 1/2 cup

An egg fast friendly frozen custard recipe that is keto, lchf and atkins friendly.

4 oz cream cheese

1/2 cup water

4 Tbsp any flavor Sugar Free Flavored Syrup I used Torani

5 egg yolks

Combine the cream cheese and water in a medium bowl and microwave for one minute. Whisk together until smooth. The mixture will be a little frothy, that's ok. Add your sugar free syrup and egg yolks and whisk together until smooth. Microwave on high for 30 seconds, then whisk. Repeat this 3 more times or until your mixture has thickened (if you are making a double batch, it will take 5 or 6 times at 30 seconds each.) Chill your mixture in the refrigerator or freezer until cold, then process in your ice cream maker according to the mfg instructions. If you don't have an ice cream maker, simply freeze until firm, or try using the [baggie method](#)

Approx nutrition info per 1/2 cup: 223 calories, 21g fat, 2g net carbs, 8g protein

Read more: <http://www.ibreatheimhungry.com/2014/07/egg-fast-frozen-custard-ice-cream-sort-recipe.html#ixzz3BAN40Lym>

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I grew up with homemade ice cream made with raw eggs so I'm not afraid of them. Here's what I did today.

Egg Fast Ice Cream

3 whole eggs, raw

4 oz cream cheese

1/2 cup water

1 tbls vanilla

9 drops liquid sucralose

pinch salt

Whisk eggs and set aside. Combine cream cheese and water. Microwave for 60 seconds. Blend cream cheese and water until smooth. Add vanilla, sweetener and salt to cream cheese mixture. Chill this mixture. Add eggs. Process in ice cream maker. Oh My Word! This is so good!

Next time I'm going to use lemon extract. I think it will be even better!

