

## Deep Chocolate Keto Ice Cream

I just started an egg-fast, and a fascinating part is making high-protein, high-fat ICE CREAM. It feels really counter-intuitive, but I'm enjoying low-carb ice cream for breakfast. A friend gave me a Ninja Creami for my birthday, and I just love the opportunity to make ice cream in-house.

I looked around YouTube and found a base recipe which I have tweaked (of course) to make it higher protein, higher fat, and (of course) more intensely chocolate... that is the Death by Chocolate Keto Ice Cream, which requires a double boiler, and a sharp eye to the temperature. This version is uncooked, so it's easier and faster to make, and almost as rich. See which you like better!

I use the Ninja Creami, but if you have another ice-cream maker, create the same mixture and process according to the instructions you have for that machine.

### Ingredients:

125g (4 oz) unsalted butter, melted  
80g (3 oz) 85% chocolate, chopped  
180g (6 oz) unsalted ricotta  
55g (2 oz) plain whole-milk Greek yogurt  
40g (1/3 cup) Dutch-processed cocoa  
10g (1 tbsp) sweetener – I used monkfruit and erythritol, but allulose or similar will do.  
Four eggs, beaten  
Good pinch of kosher salt  
Optional:  
    Up to 30ml (1 fl oz or so) coffee liqueur  
    Good pinch of cinnamon  
    11g (one packet) collagen

### Method:

1. Melt butter and chocolate together in the microwave: two x 30 seconds should do it!
2. Throw all the other ingredients into your NutriBullet or blender; process until smooth.
3. Whisk the melted butter and chocolate together until smooth, then add to the egg mixture. Process in the NutriBullet or blender, and taste to make sure the sweetness and balance is to your taste.
4. If you're using the Ninja Creami, pour the custard into one of the 'pint' containers provided. Cover, label, and leave in the freezer for 24 hours.
5. If you have another ice cream maker, use whatever method you're accustomed to. Either way, chill the mixture for at least six hours.
6. When frozen, process in whatever machine you use. I usually spin it twice in the Creami, then spoon into spare Talenti tubs (of which I have dozens). Place in the freezer for another two hours before serving.