

## Elderflower Ice Cream

It's so fun making (and eating!) high-protein, high-fat ICE CREAM – especially for breakfast. A friend gave me a Ninja Creami for my birthday, and I just love the opportunity to make ice cream in-house. Having spun through the more ordinary flavors...

This recipe is adapted from the Ricotta Vanilla Keto Ice Cream, with less ricotta and a little yogurt. As always, seek out the purest ingredients available to you.

### Ingredients:

180ml (6 oz) unsalted Ricotta – I used Happy Farms, but any 'two-ingredient' Ricotta works.

60g (2 oz) plain whole-milk (full fat) yogurt

Four eggs

10g (one tablespoon) sweetener – allulose, or a mixture of monkfruit and erythritol.

Note: Sample to make sure the sweetness is to your taste.

1 tsp or so Elderflower flavoring – mine comes from [olivenation.com](http://olivenation.com)

1.5 fl oz (3 Tbsp) Elderflower liqueur– helps with texture and flavor

11g (one packet) collagen

Tools: Blender, immersion blender, or NutriBullet with larger cup

### Method:

1. Place all ingredients in bowl or cup, and process for one minute.
2. Scrape down the bowl and process again.
3. Sample to make sure the sweetness and balance are to your taste.
4. Chill the mixture overnight, up to 24 hours.
5. If using the Creami, pour the mixture into one of their 'pints', cover, and freeze for 24 hours. When frozen, 'spin' twice using the Creami machine.
6. Otherwise, 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). Pop in the freezer for another two hours and serve the *digestif* of your choice.

You can also use this as a base, omitting the elderflower and adding different flavors to your taste; it works really well using the flavoring and corresponding liqueur together. You may want to add a pinch of kosher salt, but only if the ricotta is unsalted.

- 1 tsp hazelnut flavoring and 1.5 oz Frangelico liqueur
- 1 tsp almond flavoring and 1.5 oz Amaretto liqueur
- 1 tsp brandy flavoring 1.5 oz brandy
- 1 Tbsp cocoa, 1 Tbsp instant coffee, and 1.5 oz coffee liqueur for a mild mocha flavor
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