

Espresso Ice Cream

I don't normally drink coffee, yet my favorite ice cream flavor is... you guessed it – coffee, especially when married to homemade dark chocolate sauce. Here is my high-protein recipe for overly intense, even bitter, coffee ice cream.

Ingredients:

240ml (7.5 oz) cream cheese – Philadelphia cream cheese is pretty 'clean'

Four eggs

50g (scant 2 oz) unsalted butter

20g (two generous tablespoons) sweetener – allulose, or a mixture of monkfruit and erythritol.

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

Two generous tablespoons of instant coffee – again, check the flavor for intensity/bitterness

Good pinch of kosher salt

Optional:

Up to 30ml (1-2 tablespoons) coffee liqueur – helps with texture and flavor

Good pinch of cinnamon or cardamon, or both

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 until perfectly smooth – no lumps in the bottom!
3. Add optional ingredients; sample to make sure the sweetness and balance are to your taste.
4. If using the Creami, pour the mixture into one of their 'pints', cover, and freeze for 24 hours.
5. If using a normal 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 this flavor three times in the Creami, then spoon into spare Talenti tubs (of which I have dozens). Pop in the freezer for another two hours.
7. Serve with homemade chocolate sauce because nothing exceeds like excess!