

Hazelnut Ice Cream ... with a bit of cocoa, like Nutella

My 5am call didn't happen, so I took advantage of the quiet to make the next batch of high-protein, high-fat ice cream – this time it's Hazelnut. I love that I can enjoy this kind of ice cream during my five-day Egg Fast, using my Ninja Creami ice cream maker.

Now, the following recipe is based on the Ricotta Vanilla Ice Cream which comes in turn from a recipe I found online at the Female Ketogenic AND manual for the Ninja Creami. That's the joy of creation: you get to adjust for new flavors!

Ingredients:

240ml (7.5 oz) cottage cheese– I used Happy Farms, but Costco offers a good one, too.

Four eggs, beaten

50g (scant 2 oz) unsalted butter

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

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A good dollop of hazelnut flavoring

Good pinch of kosher salt

Optional:

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

Good pinch of cinnamon or nutmeg

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. 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. When frozen, 'spin' twice using the Creami machine.
5. If using 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). Pop in the freezer for another two hours and top with homemade chocolate sauce because nothing exceeds like excess!

You can also use it as a base, adding flavoring to your taste, such as:

- Add equal amounts cocoa and sweetener for a stronger chocolate taste
- Add extra 1 Tbsp cocoa, instant coffee, and 1.5 oz coffee liqueur for more mocha flavor
- Add 1/3 to 1/2 cup (100-120g) mini chocolate chips as a 'mix-in'