

Oh MY! Hazelnut Ice Cream 2

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.

Update: This container disappeared in a flash – definitely everyone's favorite so far!

Now, the following recipe is based on the Ricotta Vanilla Ice Cream recipe, omitting the vanilla and adding both hazelnut flavoring AND Frangelico AND a one-ounce tablet of 85% chocolate. That's the joy of creation: you get to adjust and create new flavors!

Ingredients:

125g (5 oz) unsalted butter

One tablet (1 oz, 25g) 85% chocolate – I get mine from Aldi.

240ml (7.5 oz) ricotta– I used Happy Farms, but any unsalted plain ricotta will do

Four eggs

10g (one generous tablespoon) sweetener – I used allulose for zero net carbs

1 tsp or a good dollop of hazelnut flavoring

1-2 Tbsp Frangelico (or any hazelnut liqueur)

Good pinch of kosher salt

11g (one packet) collagen

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

Method:

1. Place the butter and chocolate in a small bowl and warm in the microwave for 30 seconds. Stir, and heat for another 30 seconds. Whisk until smooth.
2. Place all the other ingredients in the Ninja bowl or cup, and process for one minute.
3. Sample to make sure the sweetness and balance are to your taste; adjust as necessary.
4. If using the Creami, pour the mixture into one of their 'pints', cover, and freeze for 24 hours.
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 – recipe on the page.

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'