

## Ricotta Vanilla Ice Cream

I am taking a lot of pleasure in 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.

Now, the following recipe is a combination of a recipe I found online at the Female Ketogenic and the instruction manual for the Ninja Creami. Needless to say, I amped up the cream, the eggs, and the vanilla flavoring!

### Ingredients:

240ml (7.5 oz) unsalted Ricotta – I used Happy Farms, but any ‘two-ingredient’ Ricotta works.

Four eggs, beaten

50g (scant 2 oz) unsalted butter

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

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

Good pinch of kosher salt

1 tsp or so of high quality Madagascar Bourbon Vanilla (I get mine from Olive Nation)

Optional:

Up to 30ml (1-2 tablespoons) vanilla 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. 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 top with homemade chocolate sauce because nothing exceeds like excess!

You can also use this as a base, adding different flavors to your taste:

- 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
- Add 1/3 to 1/2 cup (100-120g) mini chocolate chips as a ‘mix-in’