

Root Beer 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 made on a base of the Vanilla Ricotta recipe I developed earlier. Sometimes we need to omit the vanilla flavorings, but this time we simply add the root beer flavor. This was inspired by the 8oz bottle of root beer flavoring I found in my cupboard – one I ordered at least four years ago from olivenation.com and then forgot about!

Ingredients:

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

Four eggs, beaten

125g (4 oz) unsalted butter, melted in the microwave

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)

1-2 tsp root beer flavoring.

Optional:

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

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:

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