



KETO//KREME

ICE CREAM

Ingredients

4 PACKETS OF KETO//KREME
1 LIME
8 EGGS – 4 WHOLE, 4 YOLKS
7 TBSP BUTTER (GRASSFED)
4 TSP STEVIA SWEETENER
1 TSP VANILLA
1 GLASS OF ICE

Directions

Add all the ingredients your blender of choice. Start blending, then check the consistency after ingredients are combined. Add more ice or water as needed, to achieve your preferred consistency.

Place the ice cream mix into the freezer... then see how long you can wait until you whip out the spoons!

NOTES

Don't forget it's 4 eggs, and 4 egg YOLKS!

Roll your lime on a hard surface to get more juice out of it

Try eating with KETO//KREME Cookies :)

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