



KETO COFFEE PEANUT BUTTER PROTEIN ICE CREAM

High Protein / Keto-Friendly / Gluten-Free / Low-Sugar

Recipe by Romie (@ghostingcarbs) and
featured on MariGoldFoods.com

INGREDIENTS:

- 2 egg yolks
- 1 cup heavy whipping cream
- 1 cup half and half
- 1 cup coconut cream
- 1/2 cup allulose
- Pinch of salt
- 1/4 tsp vanilla
- 3 scoops MariGold Vanilla Collagen Latte High Protein Coffee Powder
- Peanut Butter (several spoonfuls)
- Peanuts (optional topping)



DIRECTIONS

1. In a saucepan, combine half and half, heavy cream, coconut cream, vanilla, salt, coffee and allulose. Heat until the allulose and coffee powder dissolve.
2. Add yolks to a bowl and slowly spoon a small amount of the hot mixture (once it starts to bubble) into the bowl of yolks and whisk so that it does not curdle. It should thicken and cook the eggs. Just make sure to continue whisking. Then add the tempered yolk mixture into the remaining hot mixture and continue to whisk.
3. Pour into a bowl and chill in the fridge for about 10-15 minutes.
4. Once chilled, churn in your ice cream maker according to machines instructions. I ran mine for about 25 minutes. Then i scooped half of it into a parchment lined loaf pan spooned some peanut butter in little dollops all over it.
5. Pour in remaining ice cream mixture and dot with spoonfuls of peanuts on top. Freeze for several hours before serving.

Featuring MariGold
Vanilla Collagen Latte
High Protein Coffee Powder
(MariGoldBars.com)

