



SUGAR-FREE STRAWBERRY PROTEIN ICE CREAM

Protein-Rich / Low-Carb / Gluten-Free / Sugar Free

Recipe by @ghostingcarbs and featured on MariGoldFoods.com

INGREDIENTS:

- 5 egg yolks
- 1.5 cups half & half
- 1.5 cups heavy whipping cream
- Pinch of salt
- 1/4 cup allulose
- 1/2 dehydrated strawberries
- 1 scoop MariGold Strawberry Sundae Whey Protein Isolate Powder
- Dash of vanilla

DIRECTIONS:

1. In a coffee grinder or food processor, add the strawberries. Process until finely ground.
2. In a saucepan, combine half and half, heavy cream, allulose, vanilla, and salt.
3. Add yolks to a bowl and slowly spoon a small amount of the hot mixture 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. Then add the strawberry powder and protein powder.
4. Pour into a bowl and chill in the fridge for about 10-15 minutes. Once chilled, churn in your ice cream maker according to machines instructions. I ran mine for about 25 minutes. Then i scooped it all out into a small dish and let it sit in the freezer for a few hours.



Featuring MariGold
Strawberry Sundae
Whey Isolate Protein Powder
(MariGoldFoods.com)

