



If you love ice cream but want a healthier, sugar-free, dairy-free version, this creamy and luscious vanilla ice cream is perfect for you. Made with just a handful of wholesome ingredients, this frozen treat is rich in protein, naturally sweetened, and incredibly easy to prepare. Whether you're following a keto, carnivore, or low-carb lifestyle, this homemade vanilla ice cream will become a staple in your dessert rotation.

Why You'll Love This Recipe

- **No Dairy, No Sugar** - This recipe is entirely free from dairy and refined sugar, making it perfect for those with lactose intolerance or those avoiding sugar.
- **High in Protein** - Made with eggs and beef gelatin, this ice cream offers a protein boost to support your health.
- **Ultra Creamy** - Despite being dairy-free, the combination of whipped egg whites and yolks creates an airy yet creamy consistency.
- **Quick and Easy** - You don't need an ice cream maker, but it can enhance the texture if you have one.

Ingredients

- **2 large eggs (140g weighed in shell)** - Acts as the base for a rich and creamy texture.
- **20g allulose** - A keto-friendly sweetener that prevents ice crystals from forming.
- **1 tsp vanilla extract** - Provides deep, aromatic vanilla flavor.
- **Seeds of ½ vanilla pod (optional)** - Enhances the natural vanilla taste.
- **½ tsp beef gelatin powder** - Helps create a scoopable texture without dairy.

Step 1: Separate the Eggs

Carefully separate the eggs, placing the yolks in a smaller bowl and the whites in a larger mixing bowl.

Step 2: Whip the Yolks

Add the allulose, vanilla extract, and gelatin powder to the egg yolks. Using an electric hand-held whisk, beat the mixture until it becomes pale, fluffy, and smooth.

Step 3: Whip the Egg Whites

In the larger bowl, whisk the egg whites until they reach soft peaks. This step is crucial for achieving a light, airy texture.



Step 4: Combine Mixtures

Gently pour the whipped yolk mixture over the egg whites and whisk briefly to incorporate everything. Be careful not to over-mix, as you want to retain the airiness.

Step 5: Freeze or Churn

- Pour the mixture into a freezer-safe container (glass or ceramic works best).
- If you prefer a smoother consistency, churn the mixture in an ice cream maker before freezing.

Step 6: Freeze and Serve

Place the ice cream in the freezer until fully set. Unlike traditional ice cream, this one remains scoopable straight from the freezer. Serve immediately and enjoy!

Pro Tips for Perfect Sugar-Free Ice Cream

- **Avoid Egg Separation:** If you're concerned about the yolks and whites separating in the final product, churn the mixture in an ice cream maker before freezing.
- **For a Sorbet-Like Texture:** Add 50ml of water to the yolk mixture and whisk thoroughly before freezing. Let it thaw for 5-15 minutes before serving.
- **Serving Suggestions:** Enjoy as is, or top with crushed nuts, sugar-free chocolate chips, or a drizzle of homemade keto caramel.

FAQs

1. Can I replace allulose with another sweetener?

Yes! You can use erythritol or monk fruit, but allulose is best as it prevents ice crystals and keeps the ice cream smooth.

2. Do I need an ice cream maker?

No, but it does improve the texture. If you don't have one, simply freeze the mixture in a container and stir every 30 minutes for the first 2 hours to reduce iciness.

3. How long does this ice cream last?

It stays fresh in the freezer for up to 2 weeks in an airtight container.



4. Can I add other flavors?

Absolutely! Try adding a few drops of almond extract or a sprinkle of cinnamon for a twist.

5. Is this ice cream safe for keto and carnivore diets?

Yes! It contains zero carbs and aligns perfectly with keto and carnivore eating plans.

Quick & Easy Vanilla Ice Cream Recipe

If you love ice cream but want a healthier, sugar-free, dairy-free version, this creamy and luscious vanilla ice cream is perfect for you. Made with just a handful of wholesome ingredients, this frozen treat is rich in protein, naturally sweetened, and incredibly easy to prepare. Whether you're following a keto, carnivore, or low-carb lifestyle, this homemade vanilla ice cream will become a staple in your dessert rotation.

Course: Dessert, Ice Cream & Frozen Treats

Diet: Carnivore, Keto, Sugar-Free, Dairy-Free, High-Protein

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 2

Ingredients:

- 2 large eggs (140g weighed in shell)
- 20g allulose
- 1 tsp vanilla extract (plus seeds from ½ pod, optional)
- ½ tsp beef gelatin powder

Instructions:

1. Separate eggs, placing yolks in a small bowl and whites in a larger bowl.
2. Add allulose, vanilla, and gelatin to the yolks. Whip until pale and fluffy.
3. Whisk egg whites until soft peaks form.
4. Combine yolk mixture with whipped egg whites and mix briefly.
5. Pour into a freezer-safe container.



6. (Optional) Churn in an ice cream maker for a smoother texture.
7. Freeze until set and enjoy!

Notes:

- Do not thaw before serving. This ice cream remains scoopable straight from the freezer but melts quickly.
- For a sorbet-like texture, add 50ml water to the yolks before mixing.

Nutrition (per serving):

Calories: 95kcal | Carbohydrates: 0g | Protein: 10g | Fat: 6.3g