

Sugar-Free Vanilla Ice Cream

Makes about 3¼ cups

Please understand that while this recipe has no sugar, it is high in fat. Fast Oxidizers will do well with the additional fat, but the high-fat content may cause Slow Oxidizers to feel sluggish and tired.

Caution about Xylitol: Xylitol is a fiber and can have a laxative effect. It may also cause gas and bloating in some people, especially upon initial consumption. If you are not accustomed to eating xylitol, limit yourself to no more than ½ tsp for the first day of use (about 4 Tablespoons of this recipe). If that sits well, you may slowly increase the amount of xylitol that you consume.

Ingredients

- 1 cup whole milk
- 1 ½ cup cream
- 1/4 cup xylitol
- 3 egg yolks
- 18 drops liquid stevia
- 1 tsp vanilla extract

In a 2-quart sauce pan, add milk and then xylitol. Heat on medium heat to about 160 degrees stirring frequently until xylitol is completely dissolved. In a separate bowl, whisk 3 egg yolks. Slowly add the heated milk to the egg yolks stirring constantly so the yolks don't cook. Return mixture to pan and bring back up to 160 degrees stirring constantly. Do not bring to a boil.

Let mixture cool to room temperature (about 45 minutes). Add remaining ingredients and mix completely.

Refrigerate for at least an hour (can be overnight) before processing in your ice cream maker. Follow the directions for your ice cream maker.