Recipe of Coconut Ice Cream

Recipe of Coconut Ice CreamThe following recipe from the Atkins Kitchen takes a traditional dessert and adds a subtle and natural coconut flavor that really shines through in this slightly sweet ice cream. Pair it with sugar-free chocolate syrup mixed with a drizzle of rum for a tropical treat. Below is the recipe

Recipe of Coconut Ice Cream Ingredients :

• 1 cup shredded unsweetened coconut, lightly toasted
• 1 teaspoon vanilla extract
• 2 teaspoons coconut extract
• Coconut milk
• 1 (13.5-ounce) can unsweetened
• 2 cups heavy cream
• 14 packets sugar substitute
• 6 egg yolks

Recipe of Coconut Ice Cream Methods :

• In a medium bowl, whisk yolks and sugar substitute to combine. In a medium pot, bring heavy cream to a simmer over medium-low heat.

• Slowly pour 1 cup cream into the yolk mixture, whisking constantly. Pour yolk mixture back into pot. Cook, stirring constantly, until mixture is thick enough to coat the back of a spoon. Remove from heat. Stir in coconut milk, coconut and vanilla extracts. Chill 4 hours.

• Pour ice cream mix into ice cream maker. Process according to manufacturer's directions.
• About 5 minutes before ice cream is finished, add the toasted coconut.

• Nutritional information per serving: 6 g carbohydrates, 4.5 g net carbohydrates, 1.5 g fiber, 4 g protein, 32 g fat, 326 calories.