

# Keto Ice Cream

Makes 2 cups

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## Ingredients

- 1 cup of whipping cream
  - 2 tbsp swerve (sweetener)
  - 1 tbsp cocoa powder - unsweetened
  - 1 tsp vanilla
  - 2 tbsp sugar free chocolate chip
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## Instructions

Shake all the ingredients for 5 minutes, then freeze.  
We recommend using a mason jar or something similar.

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**Nutrition per serving:** Fat 22g, Protein 1g, Carbs 3g.      (1 serving = 1/2 cup)

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