



## Low-Carb Blueberry Ice Cream

6g Easy 1 h 30 m

Icy cool. Unbelievably creamy. Amazingly fresh, and low carb. Blueberry, yes, but notes of lemon and cardamom add a sophisticated edge. And the cheese adds complexity. In a word, *SAVOR*.

### Ingredients

6 servings

- 1 cup heavy whipping cream
- 3 egg yolks
- ½ teaspoon vanilla extract
- ½ teaspoon ground cardamom (green)
- ½ lemon, the zest
- 8 oz. mascarpone cheese
- 6 oz. blueberries, frozen

### Instructions

- 1 Take the blueberries from the freezer. Whip the cream until soft peaks form and set aside.
- 2 In a separate bowl, beat egg yolks, vanilla, cardamom and lemon zest until pale and fluffy. Mix in the mascarpone cheese and then fold in the whipped cream.
- 3 Fold the half-thawed blueberries into the mixture. Pour the mixture into a container with a lid and place in the freezer.
- 4 Stir the ice cream every fifteen minutes until it firms up. This takes about 1-1.5 hours.