



Using silicone baking mat



Using parchment paper covered baking sheet

## ICE CREAM CONE

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	6 gm raw egg	0.4 (-0.4 gm fat)
	7.4 gm NOW Real Foods® almond flour	1.4 (-2.1 gm fat)
Fat	11.5 gm melted butter	2.8 (-2.5 gm)
Carbohydrate	<i>Carbohydrate of choice</i>	
Other	4 gm erythritol (powdered using baby bullet) 0.1 gm xanthan gum tiny pinch of salt	

### DIRECTIONS

- Using a dry baby bullet, grind the granulated erythritol until a powdered texture forms.
- In a small bowl, combine all of the ingredients.
- Stir until smooth using a rubber spatula.
- Line a baking sheet with parchment paper. If a professional silicone baking mat is available, the cone will bake evenly (see photo comparison above).
- Spread mixture into a large circle. It is easiest to spread using back of spoon or back of small rubber spatula. If sticking, wet utensil with cold water, then try again.
- Bake at 350°F for 10-12 minutes until the edges become golden brown. The goal is for the entire mixture to be golden, but that may not happen depending on heat distribution.
- If a cone mold is available, use that. If not, create one by rolling aluminum foil to form a cone shape.
- Remove from the oven, then carefully form into a cone shape using mold.
- Attempt to seal the bottom of the cone (this could be tricky).
- Let sit on mold until fully cool. Cone will become crispy.

### VARIATIONS

- Frozen whipped heavy cream could be used as the ice cream.
- Carbohydrates such as chopped strawberries can be added to whipped heavy cream as ice cream.
- Other keto-approved almond flours can be used for this recipe.
- The erythritol must be pulverized into a powder prior to baking.

### NEW INGREDIENT

#### Xanthan Gum

- Brand allowed: NOW Real Food xanthan gum
- Limited to ½ serving size per day (0.4 gm allowed)
- Purpose: thickening agent to hold cone together