

Orange Creamsicle Ice Cream



Recipe developed by Paige Vondran

Directions

- Weigh the dry gelatin powder in a medium bowl.
- Add in the heavy cream.
- Whisk thoroughly until the mixture is a firm whipped cream consistency.
- Fold in the diet orange soda and liquid stevia.
- Pour this mixture into a freezer-safe container, then freeze for a minimum of two hours before serving.

Ingredients

		Exchange
Heavy cream	60g	
Protein	1g Jell-O® sugar-free gelatin powder, orange flavor	0.3 (+0.3g fat)
Fat	None	
Carbohydrate	None	
Other	10g diet orange soda ----- 2 drops liquid stevia	-----

Variations:

- Canola oil may be added to the recipe to include more fat. However, diet soda must be omitted if oil is added. The combination of oil and soda will curdle the cream.
- A variety of gelatin flavors may be used.

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.