

Strawberry Chocolate Ice Cream



Recipe developed by Paige Vondran

Directions

- In a bowl, weigh the gelatin powder and the dry pudding powder, then set aside.
- Warm the heavy cream in a small saucepan over low heat.
- Pour the warm heavy cream into the bowl containing the gelatin and pudding powders.
- Whisk thoroughly for about 15 seconds.
- Pour the mixture into a freezer-safe container and freeze for a minimum of two hours before serving.

Ingredients

		Exchange
Heavy cream	60g	
Protein	1g Jell-O® sugar-free strawberry gelatin powder	0.3 (+0.3g fat)
Fat	None	
Carbohydrate	0.4g Jell-O® sugar-free instant chocolate pudding powder	0.3

Variations:

- Chocolate pudding powder may be omitted or substituted with Hershey's® sugar-free chocolate syrup or Walden Farms® chocolate syrup.
- If desired, canola oil can be whisked into the mixture.

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.