

Vanilla Ice Cream



Recipe developed by Paige Vondran

Directions

- In a small saucepan, warm the heavy cream over low heat.
- Whisk in the canola oil.
- In a small bowl, weigh the pudding powder.
- Pour the warm heavy cream and oil mixture over the pudding powder.
- Whisk thoroughly until the pudding powder is dissolved.
- Add in the stevia drops and vanilla extract.
- Continue to whisk for about 15 seconds.
- Pour the mixture into a freezer-safe container, and place it in the freezer for a minimum of two hours before serving.

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.

Ingredients

		Exchange
Heavy cream	60g	
Protein	None	
Fat	24g canola oil	6
Carbohydrate	1.6g Jell-O® sugar-free instant vanilla pudding powder	1.3
Other	2 drops liquid stevia ----- 1/8 tsp vanilla extract	-----

Variations:

- Different flavors of the sugar-free instant pudding powder can be used.
- Unsalted butter or other mild-flavored oils can be used instead of canola oil.