



Maple Walnut Ice Cream

PREP TIME

60 min

TOTAL TIME

120 min

Nutrition Information Per Serving

Makes 10 servings

FAT

45g

PROTEIN

5g

CARBS

8g

CALORIES

444

Ingredients

½ cup English walnuts, chopped

2 Tbsp salted butter

2 Tbsp real maple syrup

4 cups heavy (or whipping) cream

⅔ tsp Xylitol

⅓ cup (8 packets) Splenda

2-3 drops artificial maple flavor

Instructions

1. Chop the walnuts to pea size.
2. Put the nuts in a small frying pan with the butter, and heat over low heat, just until the nuts start to brown.
3. Add the maple syrup, and then stir gently over low heat, until the syrup thickens and coats the nuts.
4. Remove from heat and allow to cool. When cool, the nuts should harden into firm sticky lumps.
5. Mix the cream and sweeteners together until dissolved. Add maple flavor.
6. Put mixture in an ice cream maker, and churn until it is thick enough to form a stable mound on a spoon.
7. Break apart the nut lumps, and drop them into the ice cream. Churn only until then nuts are well distributed.
8. Place in the freezer to firm for at least 1 hour.