



Mason Jar Ice Cream

PREP TIME

5 min

TOTAL TIME

190 min

Nutrition Information Per Serving

Makes 2 servings

FAT

43g

PROTEIN

3g

CARBS

5g

CALORIES

414

Ingredients

1 cup heavy whipping cream

1½ Tbsp Truvia (or Virta friendly sweetener of choice)

1 tsp vanilla

¼ tsp salt

Instructions

1. Combine all ingredients in a mason jar.
2. Tighten the lid.
3. Shake for 4-5 minutes, until the mixture thickens and doubles in volume.
4. Freeze for at least 3 hours. Enjoy!

Pro Tip:

Add any sugar-free syrup to add a variety of flavors to your ice cream!

Adapted from Delish