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BY GLENDA THOMPSON

# 10X SUGAR FREE ICE CREAM RECIPES

INCLUDES RECIPES FEATURING COCONUT MILK, BUTTER  
PECAN, CINNAMON ROLL, PUMPKIN, & MORE...

*Enjoy deliriously sweet ice cream whenever you  
want without the health wrecking effects of  
refined sugar.*



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# Introduction

Finally, you can enjoy ice cream free from guilt or worrying about your blood sugar!

These sugar-free ice cream recipes are crafted to deliver the rich, creamy texture and flavors that all ice cream lovers crave, without the added sugars that you know you should avoid.

Every recipe replaces refined sugar for natural sweeteners. So you can once again enjoy the creamy delights of ice cream without spiking your blood sugar.

Wake up your taste buds with the warm notes of Pumpkin

Spice or Cinnamon Roll ice creams. Indulge your inner child with swirled ribbons of rich Peanut Butter ice cream, get whisked away to the tropics with luscious Coconut Milk ice cream, or how about enjoying the earthy depth of green tea?

Inside this recipe book you'll find a delightful sugar free ice cream recipe for every palate.

So go grab your biggest dessert spoon - your tastebuds and health will thank you for it!

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# Peanut Butter Ice Cream

**Serves:** 8 people | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
280 kcal	24 grams	5 grams	6 grams

## INGREDIENTS

- 1 cup natural peanut butter
- 2 cups heavy cream
- 1 cup almond milk (unsweetened)
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Blend
2. all INGREDIENTS until smooth in a blender.
2. Pour mixture into an ice cream maker and churn according to the manufacturer's INSTRUCTIONS until it reaches a soft-serve consistency.
3. Transfer to a freezer-safe container and freeze for several hours until firm.





# Coconut Milk Ice Cream

**Serves:** 8 people | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	22 grams	2 grams	2 grams

## INGREDIENTS

- 2 cans full-fat coconut milk (chilled overnight)
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Scoop solid coconut cream from cans into a bowl, leaving liquid behind.
2. Add sweetener and vanilla. Beat with an electric mixer until creamy.
3. Process in an ice cream maker until it reaches desired consistency.
4. Freeze until firm.



# Butter Pecan Ice Cream

**Serves:** 8 people | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
300 kcal	28 grams	3 grams	3 grams

## INGREDIENTS

- 1/2 cup chopped pecans
- 2 tbsp butter
- 2 cups heavy cream
- 1 cup almond milk
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Toast the pecans in butter until golden brown and fragrant. Let cool.
2. Blend heavy cream, almond milk, sweetener, and vanilla until smooth.
3. Churn in an ice cream maker until it begins to thicken.
4. Mix in toasted pecans and freeze until firm.



# Coffee Ice Cream

**Serves:** 8 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
250 kcal	24 grams	3 grams	3 grams

## INGREDIENTS

- 2 cups heavy cream
- 1 cup brewed strong coffee (cooled)
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Mix the heavy cream, cooled coffee, sweetener, and vanilla extract until well combined.
2. Pour into an ice cream maker and churn according to the manufacturer's INSTRUCTIONS until reaching a soft-serve consistency.
3. Transfer to a freezer-safe container and freeze until ready to serve.



# Lemon Curd Ice Creams

**Serves:** 8 people | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
230 kcal	22 grams	5 grams	2 grams

## INGREDIENTS

- 1 cup sugar-free lemon curd
- 2 cups heavy cream
- 1/2 cup almond milk
- Zest of 1 lemon

## INSTRUCTIONS

1. Whip the heavy cream to soft peaks in a large bowl.
2. Gently fold in sugar-free lemon curd, almond milk, and lemon zest until fully incorporated.
3. Pour mixture into the basin of an ice cream maker and churn according to manufacturer's directions until it reaches a soft consistency.
4. Freeze for several hours in a freezer-safe container until firm.





# Green Tea Ice Cream

**Serves:** 6 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
220 kcal	21 grams	3 grams	4 grams

## INGREDIENTS

- 1 tbsp matcha green tea powder
- 2 cups heavy cream
- 1 cup almond milk
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Mix the matcha powder with a small amount of hot water to form a paste.
2. Combine the matcha paste, heavy cream, almond milk, sweetener, and vanilla extract in a blender until smooth.
3. Pour the mixture into an ice cream maker and churn according to the manufacturer's INSTRUCTIONS.
4. Transfer to a freezer-safe container and freeze until ready to serve.



# Cinnamon Roll Ice Cream

**Serves:** 6 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
250 kcal	23 grams	4 grams	3 grams

## INGREDIENTS

- 2 cups heavy cream
- 1 cup almond milk
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 2 tsp ground cinnamon
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Whisk together all INGREDIENTS in a large bowl until the sweetener is completely dissolved.
2. Pour the mixture into an ice cream maker and churn according to the manufacturer's INSTRUCTIONS until it reaches soft-serve consistency.
3. Transfer to a freezer-safe container and freeze until firm.



# Blueberry Ice Cream

**Serves:** 6 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
230 kcal	20 grams	6 grams	4 grams

## INGREDIENTS

- 1 cup sugar-free blueberry sauce or smashed blueberries
- 2 cups heavy cream
- 1/2 cup almond milk
- 3/4 cup cream cheese, softened
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Blend cream cheese, heavy cream, almond milk, sweetener, and vanilla extract until smooth.
2. Pour mixture into an ice cream maker and churn according to the manufacturer's INSTRUCTIONS.
3. During the last few minutes of churning, add the sugar-free blueberry sauce or smashed blueberries.
4. Transfer to a freezer-safe container and freeze until firm.



# Blackberry Lavendar Ice Cream

**Serves:** 6 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	19 grams	5 grams	2 grams

## INGREDIENTS

- 1 cup fresh blackberries
- 1 tbsp dried culinary lavender
- 2 cups heavy cream
- 1/2 cup almond milk
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Heat the blackberries and lavender in a small saucepan over low heat until the berries break down, about 5 minutes. Strain and let cool.
2. Mix the strained berry mixture, heavy cream, almond milk, sweetener, and vanilla extract in a blender until smooth.
3. Churn in an ice cream maker according to the manufacturer's INSTRUCTIONS.
4. Transfer to a freezer-safe container and freeze until serving time.





# Pumpkin Spice Ice Cream

**Serves:** 6 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
210 kcal	20 grams	5 grams	3 grams

## INGREDIENTS

- 1 cup pumpkin puree
- 2 cups heavy cream
- 1/2 cup almond milk
- 1/2 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Mix the pumpkin puree, heavy cream, almond milk, sweetener, pumpkin pie spice, and vanilla extract in a blender until smooth.
2. Churn the mixture in an ice cream maker according to the manufacturer's INSTRUCTIONS until it reaches the consistency of soft serve.
3. Freeze in a freezer-safe container until ready to serve.



## Sugar Free Ice Creams

These sugar-free ice cream recipes deliver the rich, creamy texture and rich flavors but without the fattening added sugar. Every recipe replaces refined sugar for natural sweeteners. So you can once again enjoy the creamy delights of ice cream without spiking your blood sugar. Wake up your taste buds with the warm notes of Pumpkin Spice or Cinnamon Roll ice creams. Indulge your inner child with swirly ribbons of rich Peanut Butter ice cream, or get whisked away to the tropics with luscious Coconut Milk ice cream. Whichever flavor you prefer, go grab your biggest dessert spoon - your tastebuds and health will thank you for it!