

BUTTER PECAN ICE CREAM

Ingredients

- 2 cups unsweetened almond milk
- ½ cup heavy whipping cream
- ½ cup cottage cheese
- 2 farm fresh eggs*
- 1 T softened/melted salted butter
- 1 T vegetable glycerin, optional but highly recommended
- 2 tsp. butter flavoring
- 1½ tsp. vanilla extract
- 1 tsp. caramel flavoring
- ½ tsp. molasses
- 6-8 pinches Pure Stevia Extract Powder to taste
- ⅛ tsp. salt
- 1 tsp. glucomannan

Pecans:

- 1 T salted butter
- ⅓ cup chopped pecans
- 1 packet (¾ tsp.) Truvia

Instructions

1. In a high-powered blender, blend all the ice cream ingredients together until completely smooth.
2. Churn in an automatic ice cream churn according to manufacturer's directions.
3. While the ice cream is churning, toast the pecans with the butter in a skillet until toasty and fragrant. Toward the end of toasting, sprinkle the pecans with the Truvia and let them continue toasting a bit longer.
4. When the pecans are done, transfer them to a freezer-safe container and freeze them to chill.
5. When the ice cream is done churning, transfer it to the container as well and stir to evenly distribute the pecans. Freeze to firm up more as desired or serve immediately.

