



CARNIVORE ICE CREAM RECIPE



• 0:05 Active Prep • 4:00 Chill • Easy • Carnivore • Dairy-free

Ingredients:

- 4 raw eggs
- 100g of collagen powder (can use whey power if you are okay with dairy)
- 1-2 tbs of raw honey
- Optional vanilla or other flavorings of your choice

Equipment:

- A blender or a food processor
- Popsicle molds

Directions:

- Blend all the ingredients together at high speed until smooth and creamy
- Pour them into the popsicle molds and chill for four hours in the freezer
- Run under warm water for a minute and gently remove from molds to enjoy
- Kids can easily make it under supervision
- I use fresh eggs from our own chicken. If you use store-bought eggs, please pasteurize them to be 100% safe, [here](#) is an instruction on how to pasteurize eggs.

