JAPANESE · DESSERT

Keto Matcha Green Tea Ice Cream (No Machine)

10 min · plus 1½–2 hours freezing Makes 6 × 1 scoop (½ cup) 177 kcal a portion

Video 4:28 · SinSin7Kitchen 仙仙厨房

Vegetarian Gluten-free ingredients

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Whipped cream flavoured with matcha and sweetened with monk fruit instead of sugar: about 1.5 g net carbs a scoop and no added sugar.

Diet notes: Keto (1.5 g net carbs a serve).

Ingredients

4 · MAKES 6 × 1 SCOOP (½ CUP)

- [ ] 300 ml **whipping cream**
- [ ] 3 tbsp **monk fruit sweetener**
- [ ] 3 tsp **matcha powder**
- [ ] 150 ml **almond milk** (unsweetened)

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pour the cold whipping cream into a tall jug or bowl and start whipping it with a hand mixer. 0:10
2. Add the monk fruit sweetener and keep whipping until the cream is thick and holds soft peaks. 1:00
3. Sift or spoon in the matcha powder and whip until the cream is evenly pale green. 1:32
4. Pour in the almond milk and whip again until the mixture is thick and smooth. 2:27
5. Scrape it into a metal loaf tin and spread it level. 3:08
6. Freeze for 1½–2 hours, until firm, then scoop. 3:43

> **Tip** Servings are our estimate (about 6 scoops). The video has no narration; the quantities appear as on-screen captions.

The method is a summary in our words — the video shows every step.

One portion, 1 scoop (½ cup), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
177 kcal	1.4 g	2 g	0.5 g	18 g	40 mg
740 kJ	3% of a day	1.5 g net · 1.4 g sugars	2% of a day	12 g saturated	2% of a day
		1% of a day		23% of a day	

Energy from net carbs 3% · protein 3% · fat 94% — fits keto: 1.5 g net carbs, 94% of the energy from fat

High in (20%+ of a day) Vitamin A 24%

Source of (10–19%) Vitamin E 10% · Omega-3 10%

Recipe and video: SinSin7Kitchen 仙仙厨房 (@sinsin7kitchen507) on YouTube — youtube.com/watch?v=Trd-SsACauQ, published 28 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-matcha-green-tea-ice-cream