

- Prep Time: 5 minutes
 - Cook Time: 0 minutes
 - Freeze Time: 0 minutes (using ice cubes)
 - Total Time: 5 minutes
 - Yield: 1 large serving (or 2 small servings)
 - Intensity Level: Low (Easy/No-Cook)
 - Equipment Needed: High-speed blender (Vitamix or Ninja recommended)
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Ingredients

- 1/2 cup Heavy Whipping Cream (cold)
 - 1/2 cup Unsweetened Almond Milk (or coconut milk for dairy-free)
 - 2 tbsp Unsweetened Cocoa Powder
 - 2 tbsp Granular Erythritol (or Allulose for a smoother texture)
 - 1/2 tsp Vanilla Extract
 - 1/4 tsp Xanthan Gum (This is the secret ingredient for the “frosty” thickness)
 - 1 pinch Sea Salt (enhances the chocolate flavor)
 - 1 cup Ice Cubes (approx. 5-6 large cubes)
 - Optional: 1 tbsp MCT Oil (for added creaminess and ketone boost)
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Instructions

Phase 1: The Base (Intensity: Low)

1. **Gather Equipment:** Ensure your blender is ready to go. A high-speed blender is crucial here to crush the ice completely smooth.
2. **Add Liquids First:** Pour the heavy whipping cream and unsweetened almond milk into the blender pitcher. Adding liquids first helps the vortex form and prevents the powder from sticking to the bottom.
3. **Add Dry Ingredients:** Add the cocoa powder, erythritol (or allulose), sea salt, and xanthan gum. Important Note: Sprinkle the xanthan gum lightly over the liquid rather than dumping it in one clump; this prevents it from clumping up and creating a gummy texture.
4. **Flavor Boost:** Add the vanilla extract and optional MCT oil.

Phase 2: The Freeze (Intensity: Medium)

5. **Add Ice:** Fill the blender with the ice cubes. Do not overfill; you want the ice to be submerged but not packed too tight, or the blender may stall.
6. **Blend:** Start the blender on low speed and gradually increase to high.
7. **The Vortex:** Blend for about 45–60 seconds until the mixture is completely smooth and resembles soft-serve ice cream. If the mixture is too thick for the blender to process, add 1 tablespoon of almond milk at a time until it moves freely.

Phase 3: The Finish (Intensity: Low)

8. Taste Test: Turn off the blender. Give the mix a quick taste. If you prefer it sweeter, add a tiny bit more erythritol and pulse to combine.
 9. Serve: Pour immediately into a chilled glass or a bowl. It should be thick enough to eat with a spoon.
 10. Garnish (Optional): Top with a sprinkle of sugar-free chocolate chips, a dollop of whipped cream, or a dusting of cocoa powder.
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The Final Product: The Velvet Vortex

Upon serving, you will have a dessert that is visually indistinguishable from a traditional chocolate frosty. It holds its shape well, featuring that iconic swirled peak when squeezed from a piping bag or scooped with an ice cream scoop. The texture is smooth, dense, and velvety, with zero ice crystals, thanks to the xanthan gum and high-speed blending. The flavor is deep and chocolatey, with a perfect balance of sweetness and creaminess.

Nutrition Information

Note: Nutritional values are estimates based on standard ingredients. Using different brands or sweeteners (like Allulose vs. Erythritol) will change the carb count. This recipe is for one large serving.

- Calories: ~420 kcal

- Total Fat: 42g
- Saturated Fat: 26g
- Cholesterol: 125mg
- Sodium: 150mg
- Total Carbohydrates: 9g
- Dietary Fiber: 4g
- Total Sugars: 1g (from dairy)
- Net Carbs: 5g
- Protein: 4g