



Dr. Jonie's Lemon Ice Cream



Let's Get Thin MD
The Dr. Girouard Advantage™

OFFERING MEDICALLY SUPERVISED WEIGHT LOSS PROGRAMS / DIET AND HEALTH TIPS
RECIPIES AND NUTRITIONAL INFORMATION / ACCESS TO SIGNATURE PRODUCTS



INGREDIENTS

- 4 egg yolks
- 1 cup heavy whipping cream
- 1 cup low fat half and half cream
- 1/2 teaspoon vanilla extract
- 3/4 cup Splenda
- 1 teaspoon lemon flavor
- 6 packets of True Lemon (if you prefer less lemon taste use only 4 packets)

TRUE LEMON™ - Preferred taste over fresh lemons 7 out of 10 times!

- 100% Natural
- Zero Calories
- No Sugar
- No Sodium
- Gluten Free



INSTRUCTIONS

In a medium saucepan, mix half and half with Splenda and heat over medium heat until Splenda is fully dissolved. Do not boil!

In medium bowl mix egg yolks and whipping cream. Temper egg yolk mixture by slowly adding in warm Splenda mixture.

Combine egg yolk mixture and remaining ingredients; add back to saucepan and heat on medium until mix starts to thicken.

Turn off and cool; then cover and place in refrigerator for several hours or overnight. Add to your ice cream maker and follow instructions. Enjoy!

SERVING INFORMATION

Makes approximately 2 cups of delicious lemon flavored ice cream ; total of 15.2 grams of protein and 8 grams of carbs.

Overall, our patients lose more than 10,000 pounds per month!

We're here to help you reach your goals with 5 great locations in North Carolina to serve you.

Let's Get Thin MD
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