



THE SWEET SCOOP

A Guide to Natural & Low-Carb Sweeteners for Creamy, Healthy Ice Cream

WHY SWEETNESS MATTERS

When it comes to homemade ice cream, sweetness isn't just about taste — it's about texture. The right sweetener keeps your ice cream creamy, scoopable, and soft straight from the freezer. But the wrong one? You'll end up with icy crystals or a rock-solid brick.

In this quick guide, you'll learn which natural and low-carb sweeteners deliver the perfect balance of flavor and texture — and how to combine them for scoop-worthy results every time.

SWEETENER COMPARISON GUIDE

Sweetener	Type	Sweetness (vs sugar)	Texture in Ice Cream	Notes & Best Use
Allulose	Rare natural sugar	~70%	Excellent — soft & creamy	Low carb, prevents ice crystals, caramelizes like real sugar
Erythritol	Sugar alcohol	~70%	Can make texture icy	Best combined with allulose or monk fruit
Monk Fruit	Natural extract	150–200%	Neutral	Great flavor boost; pair with allulose for balance
Stevia	Plant extract	200–300%	May taste bitter alone	Use sparingly or in blends
BochaSweet	Pentose sugar (kabocha extract)	~100%	Soft & fluffy	Clean sweetness, pricey but excellent texture
Organic Cane Sugar	Natural sugar	100%	Perfectly creamy	Great “real food” choice for those cutting back but not cutting out sugar
Xylitol	Sugar alcohol	100%	Creamy & smooth	Tastes close to sugar, not pet-safe!

FAVORITE SWEETENERS

- ✓ **Best Zero-Sugar Blend**
2 parts allulose + 1 part erythritol + a pinch of monk fruit - Smooth, balanced sweetness, no aftertaste
- ✓ **Best Soft-Serve Texture**
Allulose only - Ultra-creamy and scoopable right from the freezer
- ✓ **Classic “Half-Sugar” Blend**
½ allulose + ½ organic cane sugar - Still lower glycemic, but keeps that nostalgic, rich flavor

Pro Tip

For extra creaminess without added sugar, blend in a spoonful of full-fat sour cream or cream cheese to your base. Both add rich body and a smooth mouthfeel — especially helpful when using low-carb sweeteners like allulose or monk fruit.