



Long Livo

# Chocolate Peanut Butter Ice Cream

20 min

Prep time

Easy

Difficulty

20 min

Total time

American

Cuisine

6

Servings

Dessert

Course

## Ingredients

### Base

- ☐ 2 cups whole milk
- ☐ 1 cup heavy cream
- ☐ 3/4 cup honey
- ☐ 1 tsp vanilla extract

- ☐ 1/2 tsp sea salt

### Chocolate-Peanut Butter Swirl

- ☐ 200g dark chocolate, chopped
- ☐ 1/2 cup natural peanut butter
- ☐ Zest of 1/2 lemon

## Instructions

- 1 In a saucepan, combine milk, cream, honey, vanilla, and salt. Warm over low heat, stirring until honey dissolves, then remove from heat.
- 2 Place chopped dark chocolate in a heat-proof bowl. Pour a ladle of the warm milk mixture over the chocolate, let sit 1 minute, then whisk until smooth.
- 3 Stir the chocolate-infused mixture back into the saucepan, mixing gently. Add lemon zest for a bright note.
- 4 Cool the base in an ice bath, then refrigerate for at least 2 hours or overnight.
- 5 Once chilled, fold in the peanut butter in slow, gentle ribbons, creating a marbled effect.
- 6 Transfer the mixture to a shallow pan, cover, and freeze. Every 30 minutes for the first 2 hours, stir vigorously to break up ice crystals.
- 7 After the final freeze, let sit for 5 minutes at room temperature before scooping.

## Nutrition per serving

260 kcal

Calories

4 g

Protein

27 g

Carbs

15 g

Fat

### Tips & notes

- If the mixture forms large ice crystals, blend briefly with a hand mixer before the final freeze.
- For extra richness, add a tablespoon of butter melted into the base.
- A pinch of espresso powder can deepen the chocolate flavor without tasting coffee.