



Long Livo

Easy No-Cook Homemade Ice Cream Recipe

10 min
Prep time

45 min
Cook time

55 min
Total time

4
Servings

Easy
Difficulty

American
Cuisine

Ingredients

Base

- ☐ 2 cups heavy cream, chilled
- ☐ 1 cup whole milk, chilled
- ☐ 1/2 cup granulated sugar
- ☐ 2 teaspoons vanilla extract

- ☐ 1 pinch salt

Optional Mix-ins

- ☐ 1/4 cup mini chocolate chips
- ☐ 1/4 cup fresh strawberries, diced
- ☐ 2 tablespoons toasted almond slivers

Instructions

- 1 In a large bowl, whisk together the chilled heavy cream, whole milk, and sugar until the sugar is mostly dissolved.
- 2 Add vanilla extract and a pinch of salt, whisking gently to blend the fragrant notes.
- 3 Pour the mixture into a shallow metal pan, then place it in the freezer.
- 4 After 30 minutes, take it out and stir vigorously with a wooden spoon, breaking up any ice crystals.
- 5 Return to the freezer and repeat stirring every 10 minutes for another 20-30 minutes, until the texture is smooth and creamy.
- 6 Fold in your chosen optional mix-ins, then serve immediately or store briefly.

Nutrition per serving

250 kcal
Calories

3 g
Protein

20 g
Carbs

18 g
Fat

Tips & notes

- If you prefer a fruit-forward version, replace vanilla with a puree of fresh mango.
- For a lighter texture, substitute half the heavy cream with cold yogurt.
- Feel free to double the recipe for larger gatherings—just use a bigger pan.