



Long Livo

Orange Creamsicle Ice Cream Recipe

20 min
Prep time

4
Servings

10 min
Cook time

Medium
Difficulty

30 min
Total time
American
Cuisine

Ingredients

Base

- ☐ 2 cups heavy cream
- ☐ 1 cup whole milk
- ☐ 3/4 cup granulated sugar
- ☐ 1 tablespoon vanilla extract or 1 vanilla bean, split

- ☐ 1/2 cup fresh orange juice
- ☐ 2 teaspoons orange zest
- ☐ 1 tablespoon lemon juice

Optional Custard

- ☐ 3 egg yolks

Instructions

- 1** In a saucepan, combine cream, milk, and sugar; heat gently, stirring until the sugar dissolves.
- 2** Add the vanilla (seeds and pod) and orange zest; let the mixture simmer for a minute to release aroma.
- 3** If using egg yolks, whisk them in a bowl, then temper by slowly adding a ladle of the hot mixture while whisking continuously. Return the tempered yolks to the saucepan and cook, stirring, until the custard coats the back of a spoon.
- 4** Remove from heat, stir in orange juice, lemon juice, and a pinch of salt. Chill the mixture in the refrigerator for at least 2 hours.
- 5** Pour the chilled base into an ice-cream maker and churn according to the manufacturer's instructions, usually 20-25 minutes.
- 6** Transfer the soft ice cream to a freezer-safe container, smooth the top, and freeze for at least 2 hours before serving.

Nutrition per serving

260 kcal
Calories

4 g
Protein

22 g
Carbs

18 g
Fat

Tips & notes

- If the ice cream becomes too hard, let it sit at room temperature for 5-10 minutes before scooping.
- Adjust the amount of orange juice to taste; some oranges are sweeter than others.
- For a richer flavor, add a splash of orange liqueur (optional, omit for family-friendly version).