



Long Livo

Sweet Cream Ice Cream Recipe

15 min

Prep time

4

Servings

10 min

Cook time

Medium

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Base

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

- ☐ A pinch of salt

Optional Add-ins

- ☐ 1/2 cup fresh berries
- ☐ 1/4 cup chocolate chips
- ☐ 2 tbsp chopped toasted nuts

Instructions

- 1** In a saucepan, combine heavy cream, whole milk, sugar, and salt; heat over low, stirring until the sugar fully dissolves.
- 2** Remove from heat, stir in vanilla extract, and let the mixture cool to room temperature.
- 3** Cover the bowl with plastic wrap and refrigerate for at least 2 hours, or overnight for deeper flavor.
- 4** Pour the chilled mixture into a shallow metal pan; place in the freezer.
- 5** After 30 minutes, stir vigorously with a spatula to break up forming ice crystals; repeat this every 30 minutes for the next 2 hours.
- 6** When the ice cream is thick but still soft, fold in any optional add-ins, then freeze until firm, about 1 more hour.

Nutrition per serving

250 kcal

Calories

3 g

Protein

20 g

Carbs

18 g

Fat

Tips & notes

- For extra smoothness, strain the mixture through a fine mesh before chilling.
- If the ice cream feels too hard, let it sit at room temperature for 5-10 minutes before serving.
- A drizzle of honey or caramel adds a delightful finish.