



Long Livo

the-best-easy-ice-cream-recipe

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

6

Servings

Dessert

Course

Ingredients

Base

- ☐ 2 cups heavy cream
- ☐ 1 cup whole milk
- ☐ ½ cup granulated sugar
- ☐ 2 tsp vanilla extract

- ☐ ¼ tsp salt

Optional Mix-ins

- ☐ ½ cup chocolate chips
- ☐ ¼ cup chopped toasted nuts
- ☐ ¼ cup fresh berries

Instructions

- 1 In a bowl, whisk together sugar, salt, and vanilla with the milk until the sugar dissolves completely.
- 2 Gently fold the heavy cream into the milk mixture, being careful not to over-mix.
- 3 Pour the combined mixture into a shallow metal pan, cover tightly, and place in the freezer.
- 4 Every 30 minutes, stir the mixture vigorously with a spatula, breaking up any ice crystals, for about 4-5 hours.
- 5 When the texture is smooth and thick, fold in any optional mix-ins, then freeze until firm.
- 6 Before serving, let the ice cream sit at room temperature for a few minutes to soften, then scoop.

Nutrition per serving

210 kcal

Calories

2 g

Protein

18 g

Carbs

14 g

Fat

Tips & notes

- If you prefer a richer flavor, substitute half of the milk with extra cream.
- Stirring with a rubber spatula creates a softer texture than a whisk.
- Store in a shallow container to reduce the freezing time.