

Easy Vanilla Ice Cream

Makes about 4 cups (½ cup per serving)

Ingredients

¾ cup granulated sugar
2 cup heavy whipping cream
1 cup milk
2 teaspoons vanilla extract

Directions

With an ice cream maker

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. Meanwhile in a large saucepan, add the whole milk, heavy cream, and sugar. Stir to combine.
3. Over medium-low heat, bring the mixture to a soft simmering and whisk constantly until the sugar is completely dissolved, about 10-12 minutes.
4. Pour the mixture in a clean bowl, preferably with a spout. Stir in the vanilla extract and let cool to room temperature.
5. Cover with plastic wrap and place in the refrigerator for at least 2 to 12 hours.
6. Pull out the ice cream mixture from the refrigerator and stir a few times.
7. Install the frozen ice cream maker bowl and pour the mixture into the ice cream maker. Connect the machine and press ice cream and the start button.
8. When the cycle is finished, transfer the ice cream to an airtight freezer-safe container or serve right away. The ice cream will be soft and creamy. If you like a harder texture, allow the ice cream to freeze for 2 hours or more before serving.

Without an ice cream maker

1. In a large saucepan, add the whole milk, heavy cream, and sugar.
2. Over medium-low heat, bring the mixture to a soft simmering and whisk constantly until the sugar is completely dissolved, about 10 to 12 minutes.
3. Pour the mixture in a clean bowl. Stir in the vanilla extract and let cool to room temperature.
4. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan. And place in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mixer, beat the ice cream on low speed for 1 minute.
5. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the ice cream has hardened. If at any point, the ice cream becomes too hard to beat, place it in the refrigerator until it becomes soft enough to beat.
6. Serve right away or transfer the ice cream to an airtight freezer-safe container.

Nutrition per Serving

Calories 311, fat 14 g, carbs 45 g, sugar 43 g

Protein 5 g, sodium 69 mg

Chocolate Ice Cream

Makes about 4 cups (½ cup per serving)

Ingredients

3 tablespoons cocoa powder
1 cup sweetened condensed milk
¼ cup sugar
6 egg yolks
1 teaspoon vanilla extract
2 cups cream

Directions

With an ice cream maker

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. Meanwhile in a large saucepan, heat the cream and warm it up together with the cocoa powder over medium-low heat. Bring the mixture to a soft simmer for about 10 to 12 minutes. Set aside.
3. In a mixing bowl, add the sugar and the egg yolks. Whisk to combine. While stirring constantly, pour in the hot cream slowly to temper the egg yolks.
4. Pour the mixture back into the saucepan and heat again over medium-low heat until creamy and thickened. You know it's ready when the mixture coats the back of a spoon.
5. Pour the mixture in a clean bowl, preferably with a spout, over a fine-mesh sieve to strain and remove any cooked pieces of the egg yolks.
6. In the strained mixture, pour in the condensed milk and vanilla extract. Mix until everything is incorporated.
7. Cover the mixture with plastic wrap and let the mixture cool in the refrigerator for at least 2 to 12 hours.
8. Pull out the ice cream mixture from the refrigerator and stir a few times.
9. Install the frozen ice cream maker bowl and pour the mixture into it.
10. Connect the machine and press ice cream and the start button.
11. When the cycle is finished, transfer the ice cream to an airtight freezer-safe container or serve right away. The ice cream will be soft and creamy. If you like a harder texture, allow the ice cream to freeze for 2 hours or more before serving.

Without an ice cream maker

1. In a large saucepan, heat the cream and warm it up together with the cocoa powder over medium-low heat. Bring the mixture to a soft simmer for about 10 to 12 minutes. Set aside.
2. In a mixing bowl, add the sugar and the egg yolks. Whisk to combine. While stirring constantly, pour in the hot cream slowly to temper the egg yolks.

3. Pour the mixture back into the saucepan and heat again over medium-low heat until creamy and thickened. You know it's ready when the mixture coats the back of a spoon.
4. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan over a fine-mesh sieve to strain and remove any cooked pieces of the egg yolks.
5. In the strained mixture, pour in the condensed milk and vanilla extract. Mix until everything is incorporated and let cool to room temperature.
6. Place in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mixer, beat the ice cream for 1 minute.
7. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the ice cream is hardened. If at any point, the ice cream is too hard to beat, place it in the refrigerator until it becomes soft enough to beat.
8. Serve right away or transfer the ice cream to an airtight freezer-safe container.

Nutrition per Serving

Calories 462, fat 21 g, carbs 61 g, sugar 57 g

Protein 12 g, sodium 149 mg

Panna Cotta Gelato

Makes about 4 cups (½ cup per serving)

Ingredients

2 ¼ cups whole milk
1 cup heavy cream
⅔ cup granulated sugar
1 teaspoon vanilla extract

Directions

With an ice cream maker

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. Meanwhile in a medium saucepan, warm the whole milk, heavy cream, and the granulated sugar over medium heat, about 10 to 12 minutes.
3. Simmer until the whole sugar is dissolved. Stir continuously until the mixture thickens. The best way to know when it is ready is when the mixture coats the back of a spoon.
4. Remove pan from heat and stir in the vanilla extract. Mix until combined.
5. Pour the whole mixture in a clean bowl, preferably with a spout, and let cool to room temperature.
6. Cover with a plastic wrap and let the mixture cool in the refrigerator for at least 2 to 12 hours.
7. Pull out the gelato mixture from the refrigerator and stir a few times.
8. Install the frozen ice cream maker bowl and pour the gelato mixture into it.
9. Connect the machine and press gelato and the start button.
10. When the cycle is finished, transfer the gelato to an airtight freezer-safe container or serve right away. The gelato will be soft and creamy. If you like a harder texture, allow the gelato to freeze for 2 hours or more before serving.

Without an ice cream maker

1. In a medium saucepan, warm the whole milk, heavy cream, and the granulated sugar over medium heat, about 10 to 12 minutes.
2. Simmer until the whole sugar is dissolved. Stir continuously until the mixture thickens. The best way to know when it is ready is when the mixture coats the back of a spoon.
3. Remove pan from heat and stir in the vanilla extract. Mix until combined.
4. Pour the whole mixture in a clean bowl, preferably with a spout, and let cool to room temperature.
5. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan and place it in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mix, beat the gelato for 1 minute.

6. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the gelato is harder. If at any point, the gelato is too hard to beat, place it in the refrigerator until it becomes soft enough to beat.
7. Serve right away or transfer the gelato to an airtight freezer-safe container.

Nutrition per Serving

Calories 314, fat 16 g, carbs 41 g, sugar 4 g

Protein 5 g, sodium 66 mg

Blueberry Sherbet

Makes about 4 cups (½ cup per serving)

Ingredients

1 ½ cup granulated sugar
1 teaspoon vanilla extract
zest of 1 lemon
3 cups fresh or frozen blueberries
1 cup whole milk

Directions

With an ice cream maker

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. Meanwhile, place the sugar, lemon zest, blueberries, and vanilla extract in a high-speed blender or food processor.
3. Blitz until everything is combined and well incorporated and the sugar is fully dissolved. It will take about 1 minute.
4. Transfer the mixture into a clean bowl, preferably with a spout, and stir in the whole milk. Mix until everything is combined.
5. Cover with plastic wrap and let it chill in the fridge for about 2 to 12 hours.
6. Pull out the sherbet mixture from the refrigerator and stir a few times.
7. Install the frozen ice cream maker bowl and pour the mixture into it.
8. Connect the machine and press ice cream and the start button.
9. When the cycle is finished, transfer the sherbet to an airtight freezer-safe container or serve right away. The sherbet will be soft and creamy. If you like a harder texture, allow the sherbet to freeze for 2 hours or more before serving.

Without an ice cream maker

1. Place the sugar, lemon zest, blueberries, and vanilla extract in a high-speed blender or food processor.
2. Blitz until everything is combined and well incorporated and the sugar is fully dissolved. It will take about 1 minute.
3. Transfer the mixture into a clean bowl, preferably with a spout, and stir in the whole milk. Mix until everything is combined.
4. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan and place it in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mixer, beat the Sherbet for 1 minute.
5. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the Sherbet is harder.
6. Serve right away or transfer the Sherbet to an airtight freezer-safe container and serve it later.

Nutrition per Serving

Calories 387, fat 2 g, carbs 95 g, sugar 90 g
Protein 3 g, sodium 26 mg

Strawberry Frozen Yogurt

Makes about 4 cups (½ cup per serving)

Ingredients

4 cups Greek Yogurt
1 teaspoon vanilla extract
1 cup light brown sugar
zest of 1 lime
3 tablespoons lime juice
2 cups strawberries, diced

Directions

With an ice cream maker

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. Place the Greek yogurt and vanilla extract in a high-speed blender or food processor and add in the light brown sugar, lime zest, and lime juice.
3. Blitz until creamy and well-combined mixture forms.
4. Add in the strawberries and blitz again until creamy and well-combined. Pour the whole mixture in a clean bowl, preferably with a spout.
5. Cover with plastic wrap and let it chill in the fridge for about 2 to 12 hours.
6. Pull out the yogurt mixture from the refrigerator and stir a few times.
7. Install the frozen ice cream maker bowl and pour the mixture into it.
8. Connect the machine and press Frozen Yogurt and the start button.
9. When the cycle is finished, transfer the yogurt to an airtight freezer-safe container or serve right away.

Without an ice cream maker

1. Place the Greek yogurt and vanilla extract in a high-speed blender or food processor and add in the light brown sugar, lime zest, and lime juice.
2. Blitz until creamy and well-combined mixture forms.
3. Add in the strawberries and blitz again until creamy and well-combined.
4. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan and place it in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mixer, beat the Greek Yogurt for 1 minute.
5. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the Frozen yogurt hardens.
6. Serve right away or transfer the Frozen yogurt to an airtight freezer-safe container and serve it later.

Nutrition per Serving

Calories 303, fat 10 g, carbs 47 g, sugar 39 g
Protein 8 g, sodium 12 mg

******All these recipes and more are available in Ice Cream Cookbook: Homemade Ice Cream, Gelato, Sherbet, and Frozen Yogurt Recipes with and without an Ice Cream Maker. Click [here](#) or on the cover to get your own copy now.***

