

Zucchini Bread Recipes

Sweet Cream Ice Cream Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 2 teaspoons pure vanilla extract
- [ ] 1/4 teaspoon salt
- [ ] 4 egg yolks (optional)

Optional Mix-ins

- [ ] 1 tablespoon melted butter for a buttery note
- [ ] Pinch of cinnamon for warm spice

Instructions

1. In a saucepan, combine cream, milk, sugar, and salt; heat over medium until sugar dissolves and the mixture is warm, about 5 minutes.



2. If using egg yolks, whisk them in a bowl; slowly temper by adding a ladle of warm mixture while whisking constantly, then pour the tempered yolks back into the pan.



3. Continue cooking gently, stirring, until the custard coats the back of a spoon (around 170°F), then remove from heat and stir in vanilla.



4. Cool the mixture completely in an ice bath, then refrigerate for at least 2 hours or overnight for best flavor.



5 Churn the chilled base in your ice-cream maker according to the manufacturer’s instructions; when thick, transfer to a container and freeze for another hour before serving.



Nutrition per serving

310 kcal	5 g	26 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra silk, strain the custard through a fine mesh before chilling.
- If you prefer a lighter texture, halve the cream and replace with additional milk.
- Add a drizzle of honey during the final freeze for a subtle sweet accent.