

## Ice Cream

A recipe from the Cuisinart ICE-20 ice cream maker

Makes 10 ½ cup servings

### Ingredients

2 cups heavy cream (1 pint), chilled  
1 cup milk, chilled (8 oz water + 2 scoops low carb whey)  
(I add 1 tbs malted milk powder and 1 tbs instant coffee)  
¾ cup sugar (or sugar substitute)  
1 tsp vanilla extract  
(and almond, strawberry - to your taste)

Place ingredients into freezer bowl, turn machine ON & let mix until mixture thickens (20 - 25 minutes).

Transfer to covered container & put in freezer.

Add cut up strawberries or ...?

## Chocolate sauce

1/3 cup heavy cream  
1 tbs butter  
1 tbs sugar (or sugar substitute)  
4 oz bakers chocolate, chopped

Combine the cream, butter and sugar in a small saucepan & bring to a boil.

Place the chocolate in a mixing bowl and pour the hot cream over it.

Stir well. Stir every 5 minutes until the chocolate is dissolved.

Store in the refrigerator & serve at room temperature.

Note: instant coffee and/or peanut butter added to either or both of the above is great, too. A few of your favorite nuts adds a nice texture.

Once you get the hang of it, you can be very creative & make delicious ice cream.



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