



Homemade Ice Cream

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

ingredients

- 1 package (10 ounces) frozen berries, or any other frozen fruit
- 2 tablespoons granulated sweetener, optional
- 2/3 cup heavy cream

directions

1. Place frozen berries and sweetener, if using, in a food processor or blender; process or pulse just until the fruit is roughly chopped.
2. Pour in the heavy cream, and continue to process just until everything is incorporated and smooth. Scrape down the sides with a spatula, as needed.
3. Serve immediately or freeze for later. Enjoy!

Serve in waffle bowls. Garnish with fruit or chocolate!