

# Ice Cream *Recipes*

Homemade  
Healthy  
Delicious





# Vanilla Ice Cream

For 7 servings

## Directions:

1. Whisk milk and sugar in a large bowl until sugar is dissolved.
2. Whisk in cream, vanilla extract and salt
3. Scrape the seeds from both sides of the vanilla bean and whisk into the mixture (optional).
4. Chill before use.
5. Whisk again before using

## Ingredients:

- 1 cup whole milk
- 2/3 sugar
- 2 cups heavy cream
- 1 tablespoon vanilla extract
- 1/4 teaspoon fine salt



# Chocolate Ice Cream

For 7 servings

## Directions:

- 1.** In a medium saucepan, mix together sugar, cocoa and salt.
- 2.** Gradually whisk in milk and bring just to a boil, whisking frequently.
- 3.** Whisk in cream, vanilla extract and espresso if using.
- 4.** Chill before use.
- 5.** Whisk again before using.

## Ingredients:

- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup cocoa powder
- $\frac{1}{4}$  teaspoon fine salt
- 2 cups whole milk
- 1 cup heavy cream
- 1 tablespoon vanilla extract



## **Strawberry Ice Cream**

For 10 servings

### **Directions:**

- 1.** Mash strawberries, sugar, lemon juice and salt together in a large bowl.
- 2.** Let stand, mashing occasionally, for 15 minutes.
- 3.** Remove 1 cup of mixture and reserve.
- 4.** Transfer the remaining mixture to a blender and puree, pouring in the milk and heavy cream.
- 5.** Mix in the reserved strawberry mixture.
- 6.** Chill before use.
- 7.** Whisk again before using.

### **Ingredients:**

- 1 pound strawberries trimmed and quartered if large
- $\frac{3}{4}$  cup sugar
- 1 teaspoon lemon juice
- $\frac{1}{4}$  teaspoon salt
- 1 cup milk
- 1 cup heavy cream



# Coffee Ice Cream

For 7 servings

## Directions:

1. Whisk milk, sugar and coffee/espresso in a large bowl until the sugar is dissolved.
2. Whisk in cream, vanilla extract and salt.
3. Chill before use.
4. Whisk again before using.

## Ingredients:

- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon fine salt
- 1 cup whole milk
- 2 cups heavy cream
- 2 tablespoon instant coffee/espresso



Enjoy our healthy delicious  
ice cream recipes book using PANICE™

You will learn how to make healthy delicious  
Ice cream: Fruity, chocolate, spicy and herbal.

You will avoid food additives and other  
unwanted ingredients from store-bought brands.

Also, you will have a quality time making  
ice cream with your loving ones.

You will become an expert, and impress the world

Ice cream brings people together