



## STRAWBERRY ICE CREAM

### Ingredients:

2 pounds	Strawberries, chopped
2 cups	Skim-milk
1 cup	Half and half
$\frac{3}{4}$ cup	Honey
$\frac{1}{2}$ tablespoon	Vanilla extract
4 each	Egg yolks

### Method:

- Plan ahead and freeze ice cream bowl.
- Place chopped strawberries in a blender, blend until smooth.
- In a large sauce pan on medium-low heat combine; strawberries, half and half, skim milk,  $\frac{1}{3}$  cup honey, and vanilla extract.
- Whisk constantly. Warm milk mixture to about 120 degrees.
- In a separate bowl combine egg yolks and remaining honey. Whisk.
- Once milk mixture is warmed, slowly drizzle milk mixture into egg mixture whisking constantly. \*This method is tempering; slowly warming the egg mixture to avoid scrambling eggs.
- One egg mixture has warmed and about half of the milk mixture is added; entirely add the milk mixture and the egg mixture together in a large sauce pan on the stove top. Turn to medium-low heat, stirring constantly for about 5 minutes or until mixture has thickened.
- Allow the mixture to cool in refrigerator for at least 1 hour.
- Pour strawberry mixture into frozen ice cream bowl and churn. Until fairly firm.
- Remove from ice cream bowl and place in an airtight container in the freezer.
- Enjoy on a hot summer day!

Chef's Note: Portion control goes a long way for ice cream. Adding fresh strawberries or other fruits will sweeten the ice cream avoiding processed sugars.

Serves: 24

Serving Size:  $\frac{1}{4}$  cup

Calories: 70

Fat: 2 grams

Sodium: 15 milligrams

Carbohydrates: 12 grams

Protein: 2 grams

Fiber: 1 gram