

Vanilla Ice Cream



5.2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Freezing time:** as per manufacturers' instructions.
- **Recipe makes 6 x 86g portions***

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
	1 portion	6 portions	
Fat	19.9g	119.5g	
Protein	2g	12.3g	
Carbohydrate	1.7g	10.6g	
Energy (calories)	195kcal	1167kcal	

*image represents 1 portion



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Ingredients	Quantity	Your recipe
Almond milk, e.g. Almond breeze/ Alpro	250g	
Double cream e.g. Morrisons/ Tesco	200g	
Vanilla essence	15g	
Liquid sweetener e.g. Hermesetas	1 squirt	
Egg yolks	50g	
Cornflour	5g	

Method:

1. Place almond milk, cream, vanilla essence and sweetener into a saucepan over a low heat. Stir frequently for approximately 5 minutes until heated through (do not boil).
2. Add egg yolks and cornflour to a bowl, whisk until smooth and add to saucepan.
3. Stir mixture continuously, allowing to thicken (do not boil). Once a smooth, pale yellow mixture has formed, take pan off heat and set aside.
4. Once mixture has cooled, pour into an ice cream maker and follow manufacturer's instructions.
5. Transfer to a freezer-safe container, cover and place in the freezer.



- Mixture can also be served as custard by simply following the recipe to step 3.



Always check with your dietitian what is suitable for you

- Sugar free Da Vinci syrups are good dessert sauces.
- You can replace the vanilla essence with alternative flavours such as almond, mint, rhubarb and caramel flavouring (e.g. Foodie flavours natural flavouring - Lakeland).
- Colour the ice cream by adding a few drops of suitable food colouring before adding to the ice cream maker.

**This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**