

## Ice Cream Base

Yield: 4 cups  
Cooking Time: 5 minutes  
Preparation Time: 2 hours  
Category: Dessert  
Cuisine: American  
Rating: ★★★★★



## Ingredients

1 c Cream  
2 c Milk  
2 tsp Vanilla  
½ c Sugar

## Instructions

Blend **1 cup cream** in a blender on **Medium** until rigid  
Add **1/2 cup sugar**, **2 tsp vanilla**, and **2 cups milk**, blend on **Low** for 20 seconds  
Pour into **large glass pyrax pan** pre-cooled in freezer  
Freeze **25 minutes**, stire with rubber spatula, repeat for about 2 hours.  
Store ice cream covered in a glass pyrax bowl.

## Notes

This base is used for all ice creams. Flavors and varieties will add to this receipe. This will make Vanilla ice cream.

## Nutritional Information

*Nutritional information reflects amount per cup.*

**Calories** 384  
**Total Fat** (g) 25  
Saturated Fat (g) 16  
**Cholesterol** (mg) 94  
**Sodium** (mg) 72  
**Total Carbohydrate** (g) 33  
Dietary Fiber (g) 0  
Sugars (g) 32  
**Protein** (g) 5

