

# GOURMET FRUIT ICE CREAMS

Simple and  
Sensational Fruit  
Ice Cream for  
Delight and  
Indulgence



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www.AlkalineCook.com

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# Introduction

When you hear the word “ice cream,” the first things that probably pop into your mind include that sweet exclamation point that ends a satisfying meal, or cool, refreshing treats to fight off a hot summer afternoon, or even the sound of the ice cream truck as it pulls up to your corner. Unfortunately, you might also think of the words “unhealthy,” “fattening,” and “factory produced,” among many other things, when you think of ice cream. However, reading this book might move you to look at ice cream in a whole new light.

Showcasing 50 different and unique fruit based ice cream recipes, you will discover that making your own ice cream is not only potentially healthy and delicious, but that it is very easy and inexpensive at the same time.

Also, for those of you who are lactose intolerant, many of the ice cream recipes adhere to veganism, meaning that dairy or milk products are not used. This means that not only can you finally pamper yourself with some ice cream, but you can also enjoy the health benefits that this book has to offer.

Though the idea of making your own ice cream might feel like a daunting task, if you read on and follow our instructions, you’ll find that it is much easier than you expected. You’ll even end up wondering why you didn’t make your own frozen treats before. And for those already experienced with making ice cream, this can be a chance to add a new, natural, fruity twist to your kitchen concoctions.

All the easy and effortless benefits you can get from using these recipes for making your own ice cream - from keeping your body in tip top, healthy shape while still indulging it with dessert, to being able to customize the flavors of your ice cream to suit your tastes and actually saving up on money while you do it, make reading this book feel like you’re actually transforming this once guilty pleasure to a happily guilt-free treasure.

# 🍷 Apple Rum Raisin Ice Cream



☺ This ice cream is perfect for the last hot days of summer. With a smooth and creamy flavor plus the invigorating hint of rum it reminds one that fall is near. Rum raisin ice cream is a cool and refreshing delight in the heat of the day. It is packed with revitalizing taste to calm both the sultry weather and your daily concerns. Serve with fresh apple slices and a few raisins for an extra treat.

# 🍏 Apple Rum Raisin Ice Cream

**Preparation Time:** 10 minutes

**Cooking Time:** 10-15 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (can substitute dairy-free half and half)  
1½ cups whole milk (raw milk is best, can substitute dairy-free yogurt)  
2-3 cups apples (cored, peeled and chopped)  
½ cup honey (may substitute maple syrup)  
¼ cup apple jam (optional, for stronger apple flavor)  
1 cup raisins  
2-3 teaspoons rum extract

## Instructions:

1. Core, peel and chop apples into small chunks. Place in pan with just enough water for cooking. Cook apples until tender. Drain water if needed.
2. Add honey, raisins, rum extract and jam to apples. Stir until honey is dissolved. Refrigerate at least 1 hour, overnight is best.
3. Before starting, make sure the ice cream base and bowl are cold. Prepare ice cream maker, read the manufacturer's instructions first. Pour cold milk and cream into the ice cream maker.
4. Wait to add the cold apple blend until the very end of mixing. This prevents the fruit from sinking to the bottom.
5. Churn the ingredients until the ice cream is a desired thickness. The time will vary, depending on the ice cream machine. Chill in airtight container in the freezer or serve immediately. Enjoy.

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt.

# 🍌 Banana Nut Ice Cream



🍌 This recipe is very versatile and can be altered to fit your individual taste buds. Wonderfully rich and creamy, this ice cream is great any time of year. It has a delicious and unique flavor that can be made vegan, sugar-free and without an ice cream maker.

Banana nut ice cream is the perfect dessert to make when you have extra ripe bananas that need to be used. Serve with chopped nuts and whipped cream if desired

# 🍌 Banana Nut Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 2 cups cream (can substitute dairy-free half and half)
- 2 cups whole milk (can substitute dairy-free milk like coconut milk)
- 6 ripe bananas (mashed)
- ½ cup honey maple syrup or agave nectar (optional)
- 1 cup nuts (walnuts or pecans, chopped)
- 2-3 teaspoons vanilla extract or rum extract
- 2-3 teaspoons lemon juice (optional, helps keep bananas from browning)

## Other Required Items:

- 1 cup whole white wheat or white spelt flour
- 1 cup coconut milk or soy milk
- Pinch of sea salt

## Instructions:

1. Peel and mash bananas until smooth. Mix in honey, extract and lemon. Refrigerate until ready to use, at least an hour.
2. Before starting, make sure the ice cream bowl and the base are very cold. Best if they are placed in the refrigerator overnight.
3. Prepare the ice cream maker. Make sure to read the manufacturer's instructions.
4. Pour the cold milk and cream (or dairy substitutes) into the ice cream maker.
5. When the ice cream is almost done, add the banana mixture and nuts. This prevents the fruit from sinking to the bottom of the bowl.
6. Churn the ingredients until the ice cream is thick. Depending on the ice cream machine, churning time can vary.
7. Freeze the ice cream in an air tight container for at least an hour if a hard ice cream is preferred otherwise, serve immediately.
8. Set ice cream out for approximately 5 minutes before serving.
9. Serve with desired natural toppings like organic chocolate syrup, coconut shavings, butterscotch sauce or caramel.

# Y Banana Nut Ice Cream

## Note:

To make this dessert without an ice cream maker, cut the bananas into 1/2 inch pieces and freeze. Puree frozen bananas in a blender or food processor until mixture holds together, approximately 3 minutes. Scrape the sides of the blender as needed. Blend peanut butter and honey until mixture is smooth. Slowly add milk or milk substitute until the mixture is the desired consistency. Serve immediately with desired toppings.

# Blackberry Cobbler Ice Cream



☺ A fabulous ice cream that will remind you of the south, it is filled with fresh blackberries and chunks of flaky sweet shortbread. This recipe is ideal for late summer when blackberries are abundant and at their sweetest.

Blackberry cobbler ice cream is a treat that you will never forget. Don't be intimidated by the recipe, your time is well worth the effort. Make plenty, for it will not last long.

# Blackberry Cobbler Ice Cream

**Preparation Time:** 25 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

### Blackberry Mixture

4 cups fresh blackberries

4 tablespoons honey (can substitute agave nectar or maple syrup)

1 small lemon (squeezed/juiced)

### Ice Cream

2 cups cream (may substitute dairy-free half and half)

2 cups whole milk (or substitute dairy-free soy milk or yogurt)

2-3 teaspoons vanilla extract

10-20 shortbread cookies, broken into bite size pieces (preferably organic such as Back to Nature)

## Other Required Items:

Ice Cream Maker

Ice

Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. For berry mixture place the berries, honey and lemon in a saucepan. Stir very gently.
2. Cook on medium-high heat for 5 minutes until berries are soft.
3. Add a touch of water if needed.
4. Remove the berries from heat and allow them to cool a few minutes.

# Blackberry Cobbler Ice Cream

5. Place the mixture in a container with a lid. Place in the refrigerator for at least an hour or overnight. Prepare the ice cream maker. Make sure to read the manufacturer's instructions.
6. Pour cream and milk (or dairy substitutes) into the ice cream maker. Right before the ice cream is done add the blackberry mixture.
7. Put the ice cream into a cold container alternating layers of ice cream with sprinkles of shortbread cookies. Save some of the cookies for a topping when serving.
8. Freeze the ice cream in a sealed container until ready to eat.
9. Serve with blackberry sauce or fresh blackberries and crumbled shortbread. Enjoy!

# 🍷 Blueberry Cheesecake Ice Cream



🍷 If you love cheesecake and blueberries you will certainly treasure this recipe. Not only is it healthy for you and filled with antioxidants, this ice cream is every cheesecake lover's dream. Fresh blueberry swirls, bits of cheesecake and graham cracker crumbles make this ice cream a sure delight.

My advice is to prepare this recipe the day before. You will enjoy this ice cream so much that you will not want to wait too long before it is done.

# 🍷 Blueberry Cheesecake Ice Cream

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**Baking Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

### Ice Cream

8 ounces cream cheese (organic), cut into bite-size cubes  
1¼ cups heavy cream (may substitute dairy-free half and half)  
¾ cup whole milk (can substitute dairy-free milk)  
½ cup honey or agave nectar  
1 teaspoon vanilla  
1 tablespoon fresh lemon juice

### Blueberry Compote

1½ cups blueberries  
3 tablespoons honey  
1 tablespoon fresh lemon juice  
1 teaspoon cornstarch (organic and non-GMO)  
Water

### Graham Cracker Mixture

2 ¼ cups graham cracker crumbs (organic)  
1 TBLE honey  
½ teaspoon cinnamon  
½ cup organic butter, melted

# Blueberry Cheesecake Ice Cream

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. In a saucepan, mix honey and cornstarch. Slowly stir in water until smooth. Mix in blueberries and lemon juice. Gently bring to a boil. Reduce heat to medium-low and simmer for 5 minutes or until somewhat thickened. Cover and refrigerate for at least an hour or overnight.
2. In a large bowl mix graham cracker crumbs, honey and cinnamon. Add butter then pat the mixture into an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake for 10-15 minutes at 350° or until lightly browned. Let crust cool completely.
3. In a blender or food processor add the cream cheese, honey and cream. Blend until well mixed. If you prefer chunks of cream cheese then blend until desired consistency. Add the milk and blend until smooth. Scrape the sides with a spatula to prevent cream cheese from sticking. Mix in lemon juice and vanilla. Pour the mixture into a container and chill for at least 4 hours or overnight.
4. Before making the ice cream, make sure the ice cream bowl and the base are cold.
5. Ready the ice cream maker. Read the manufacturer's instructions before starting.
6. Whisk your ice cream mixture before adding to the machine.
7. Churn the ingredients until the ice cream is done. Depending on the ice cream machine, the time can vary.
8. In a freezer-safe container, put in 1/3 of the churned ice cream, next 1/3 of the blueberry compote then 1/3 of the graham cracker crust. Repeat the layering process two more times. Freeze the ice cream for at least 4 hours before serving.

# 🍷 Cherry Vanilla Ice Cream



🍷 What better way to use a sweet bowl of cherries and a stash of vanilla beans than to make fresh ice cream? This recipe makes old fashioned ice cream with a slight hint of fresh vanilla swirled with fresh sweet cherry pieces. Make plenty, for it is perfect for a hot summer's day or a festive occasion. t

# 🍒 Cherry Vanilla Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk or yogurt)  
2 cups cherries (pitted and cut in halves)  
½ cup honey (may substitute maple syrup or agave nectar)  
2 teaspoons lemon juice  
1 vanilla bean split in half lengthwise (can substitute 2 teaspoons vanilla extract)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare cherries and then chill in the refrigerator until ready to use.
2. In a saucepan combine cream, milk and honey. Scrape the vanilla seed into the mixture then add the pod. Cook over medium heat until the honey is dissolved. Remove from heat and add the lemon juice. Chill for at least an hour; best if chilled overnight.
3. Before starting, make sure the ice cream base and the bowl are cold.
4. Prepare the ice cream maker. Make sure and read the manufacturer's instructions.
5. Pour milk and cream mixture(or dairy substitutes) into the ice cream maker.
6. Add the cherries when the ice cream is close to done. This stops the fruit from sinking to the bottom of the bowl.
7. Churn the ingredients until the ice cream is the desired consistency. The time can vary depending on the ice cream machine.
8. Serve immediately or freeze the ice cream in an airtight container for an hour or more if a hard ice cream is preferred. Set out for approximately 5 minutes before serving if ice cream is too hard.

# 🍷 Chocolate Raspberry Truffle Ice Cream



🍷 Sometimes the simple ingredients make the best ice cream ever. If you love chocolate and raspberries then you will absolutely adore this recipe. It is a rich, creamy and decadent dessert that everyone will love. If you haven't tried making ice cream before then this recipe is ideal for beginners.

Remember to use the most quality ingredients to get superior results. Serve this wonderful treat with fresh raspberries, a couple of healthy cookies and you will be in heaven.

# 🍫 Chocolate Raspberry Truffle Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

1½ cups half and half (may substitute dairy-free half and half)  
1½ cups heavy whipping cream (can substitute dairy-free whipping cream)  
½ cup honey (may substitute agave nectar)  
¾ cup raspberries, organic  
½ cup unsweetened cocoa powder, organic  
2 ounces organic dark chocolate  
1/3 cup organic mini chocolate chips (optional)  
1 teaspoon pure vanilla extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Puree the raspberries and honey in a food processor or blender. Mix until smooth.
2. Stir in vanilla extract, cocoa powder, whipping cream and half and half.
3. Refrigerate in an air tight container for at least an hour or overnight. Place the ice cream bowl and base in the refrigerator to get cold. Chop the chocolate into small pieces.
4. Prepare the ice cream maker. First read the manufacturer's instructions before making ice cream.
5. Pour raspberry and cream mixture into the ice cream maker. Mix in chocolate pieces and mini chocolate chips (optional) when the ice cream is almost done, this prevents the chocolate from sinking to the bottom.
6. Churn the ingredients until the ice cream is done. Total churning time will vary, depending on the ice cream machine.
7. Serve immediately if a soft ice cream is preferred. Chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is desired. Set out for around 5 minutes before serving.

## ☞ Cooling Kiwi Ice Cream



☞ What better way to enjoy a hot summers day than with a fresh bowl of ice cream. This delicious dessert is delicately light and refreshing. It will cool your senses when the heat is high and tickle your taste buds when you need it most. It has a soft and smooth quality enhanced with the unique flavor of kiwis. If you are sensitive to dairy or a vegan you can alter the recipe to suit your dietary needs.

# 🍌 Cooling Kiwi Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (can substitute dairy-free milk like almond or soy)  
2 cups kiwi (peeled and mashed)  
½ cup honey (may substitute maple syrup or agave nectar)  
2-3 teaspoons lemon juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Puree the kiwis in a blender or food processor then add honey and lemon juice. Refrigerate at least 1 hour or overnight.
2. Before starting, make certain that the ice cream bowl and base are cold.
3. Ready the ice cream maker. Read the manufacturer's instructions before starting.
4. Pour cream and milk (or dairy substitutes) into the ice cream maker.
5. Add the cold kiwis when the ice cream is close to done. This stops the kiwis from sinking to the bottom.
6. Churn the ingredients until the ice cream is the preferred texture. Depending on the ice cream machine, the time can vary.
7. Serve immediately. If hard ice cream is preferred, chill it in an airtight container in the freezer for at least an hour. Set out for approximately 5 minutes before serving.

## 🍹 Cooling Lemon Ice Cream



☺ There is nothing more refreshing and cooling than lemons. Equally, there is nothing more comforting than ice cream. This recipe combines these 2 fabulous ingredients resulting in a divine smooth dessert. It can be made sweet and scrumptious or tangy and tart, whatever your heart desires.

It is a quick and easy recipe that can be made when pushed for time (just prep everything the day before). This ice cream goes well with shortbread cookies, pumpkin cheesecake or apple pie.

# ☞ Cooling Lemon Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (can substitute dairy-free milk like soy or almond)  
½ cup honey (may substitute agave nectar)  
4 teaspoons fresh lemon zest (finely grated)  
2/3 cup fresh squeezed lemon juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Combine lemon juice, lemon zest and honey into a medium size saucepan, bring to a slow boil. Cook until honey is dissolved. Refrigerate the mixture for at least an hour or overnight
2. Place the ice cream bowl and the base in the refrigerator to get cold.
3. Prepare the ice cream maker. Make sure and read the manufacturer's instructions.
4. Pour your milk and cream into the ice cream maker.
5. Add your lemon mixture when the ice cream is almost done, this prevents the milk from curdling.
6. Churn the ingredients until the ice cream is to your liking. Churning time will vary, depending on the ice cream machine.
7. Serve immediately if a softer ice cream is desired. Chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is preferred. Set out for approximately 5 minutes before serving.

## 🍷 Cream de Mint Ice Cream



🍷 A bowl of crème de mint ice cream is the perfect way to impede smothering humidity in the summertime. It is refreshing, revitalizing and delightful. This recipe contains an old fashioned flavor embraced with pure excitement without the alcohol. It has a smooth and creamy texture combined with the cool taste of spearmint.

For a beautiful display, serve this wonderful dessert with fresh mint leaves, chocolate shavings and almond biscotti dipped in chocolate.

# ☛ Cream de Mint Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)

1½ cups whole milk (can substitute full fat coconut milk)

½ to 2/3 cup honey, to taste (may substitute maple syrup or agave nectar)

1 cup fresh spearmint leaves, packed (may substitute peppermint)

2-3 teaspoons vanilla extract

1 teaspoon dried parsley flakes for coloring (optional)

1/3 to ½ cup semisweet or bittersweet chocolate chips (optional)

For a strong Crème de menthe flavor add 1 teaspoon spearmint extract and 2-3 teaspoons of grapefruit juice

## Other Required Items:

Ice Cream Maker

Ice

Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Mix the half and half, milk and honey in a saucepan.
2. Heat the mixture on low until the honey dissolves. Stir in vanilla plus the optional mint extract and grapefruit juice. Cool slightly.
3. In a blender or food processor, add the cream mixture, parsley and fresh mint.
4. Mix until smooth. Refrigerate the mixture until very cold, at least an hour or overnight.
5. Refrigerate the ice cream bowl and base at least an hour or until very cold.

# Y Cream de Mint Ice Cream

6. Prepare the ice cream maker. Make sure and read the manufacturer's instructions before starting.
7. Pour the cold cream mixture into the ice cream maker.
8. Add chocolate chips (optional) when the ice cream is close to done.
9. Churn the ingredients until the ice cream is the desired consistency. Churning time varies, depending on the ice cream machine.
10. Serve immediately or chill it in an airtight container in the freezer. Set out for around 5 minutes before serving.

# Delectable Apricot Ice Cream



☺ What better way to tantalize your taste buds than with a bowl of fresh apricot ice cream. This refreshing delight is creamy, light and simple to make. If you are vegan or sensitive to dairy, the recipe can be altered to fit your dietary needs. Enjoy this fabulous dessert any time of year with a few cookies, chopped pistachios or glazed apricot pieces.

# Delectable Apricot Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free yogurt)  
2½ cups apricots (pitted, peeled and sliced small)  
½ cup honey (may substitute maple syrup or agave nectar)  
¼ cup apricot jam (optional, for stronger apricot taste)  
2-3 teaspoons lemon juice or apricot extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Core, peel and chop apricots into small pieces.
2. Place in pan with just enough water for cooking. Cook apricots until slightly tender.
3. Drain excess water. Mix in honey, lemon or extract and jam. Place the mixture in the refrigerator for at least 60 minutes, overnight if possible
4. Before beginning, make sure the ice cream bowl and the base are cold
5. Ready the ice cream maker. First read the manufacturer's instructions
6. Pour milk and cream (or dairy substitutes) into the ice cream maker
7. Add the cold apricot mixture when the ice cream is almost done churning. This stops the apricots from sinking to the bottom of the bowl.
8. Churn the ingredients until the ice cream is to your liking. Depending on the ice cream machine, the time can vary.
9. Serve immediately or chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is preferred. Set out for approximately 5 minutes before serving.

## ✦ Easy Black Currant Ice Cream



🍰 Smooth, velvety and unique in flavor; this ice cream is rich in color and taste. Once a banned crop in America for almost a century, this “forbidden fruit” is finally making a comeback. You will savor every bite of this aromatic dessert that is quite intoxicating. This recipe can be altered to fit a vegan diet. Serve this luscious ice cream with your favorite cookie, shortbread or cake.

# ✶ Easy Black Currant Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk or yogurt)  
2 cups black currants (cleaned and stem removed)  
2/3 cup honey (may substitute agave nectar)  
2 teaspoons lemon juice  
2 teaspoons vanilla extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. If your currants still have stems they can easily be removed by the following method: Wash, pat dry and then freeze the currants in a sealed container. Once frozen, shake the container vigorously. The tops and stems will then come off. Separate the fruit from the stems.
2. In a saucepan add the currants and enough water for cooking. Mix in honey. Lemon juice and vanilla. Cook until honey is dissolved. Cool and freeze mixture for at least an hour or overnight. Before beginning, make sure the ice cream base and bowl are cold
3. Prepare the ice cream maker. Read the manufacturer's instructions.
4. Pour cold cream and milk (or dairy substitutes) into the ice cream maker.
5. Add the current mixture when the ice cream is almost done. For a nice berry swirl, add the currants during the last minute of churning.
6. Churn the ingredients until the ice cream is the desired consistency. The time can vary depending on the ice cream machine.
7. Serve immediately. If a hard ice cream is preferred, freeze the ice cream in an airtight container for an hour or more. Set out for around 5 minutes before serving.

# Exciting Dragon Fruit Ice Cream



☺ The dragon fruit is so spectacular that when you see it for the first time you are in awe. This beautiful fruit is very delicate and subtle in flavor yet equally distinct. It tastes like a cross between a pear and a kiwi, an utter delight. Mix this fruit with homemade ice cream and you have a fabulous sweet creation.

The best dragon fruit for ice cream is the purple flesh kind; it is much sweeter and has an alluring pink color. Serve this special treat with fresh strawberries or pears and cookies.

# Exciting Dragon Fruit Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)

1½ cups whole milk (can substitute coconut milk)

2 cups dragon fruit (peeled and mashed)

½ cup honey (may substitute agave nectar)

2-3 teaspoons lemon juice

## Other Required Items:

Ice Cream Maker

Ice

Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Slice the dragon fruit in half, use a spoon and take out all the fruit.
2. Puree the dragon fruit in a blender or food processor; add the honey and lemon juice.
3. Refrigerate at least 1 hour or overnight.
4. Before starting, make certain that the ice cream base and bowl are cold.
5. Prepare the ice cream maker. Read the manufacturer's instructions before starting. Pour milk and cream (or dairy substitutes) into the ice cream maker.
6. Add the cold dragon fruit when the ice cream is close to finished. This stops the fruit from sinking to the bottom. Churn the ingredients until the ice cream is done. Depending on the ice cream machine, the time can vary.
7. Serve immediately. If hard ice cream is preferred, chill it in an airtight container in the freezer for at least an hour. Set out for approximately 5 minutes before serving.
8. Serve immediately or chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is preferred. Set out for approximately 5 minutes before serving.

# 🍷 Festive Passion Fruit Ice Cream



🍷 The sweet pulp of the passion fruit and its crunchy edible seeds makes one of the most exotic ice creams you will ever taste. This priceless dessert has a sweet yet tangy flavor that will leave you quite pleased. With its subtle buttery color and its floral flavor it complements numerous festive cuisines. Infuse it with coconut flakes, chopped macadamia nuts plus vanilla and you will discover an unforgettable delight.

For a festive occasion; top with a favorite syrup, toasted coconut and fresh mango or passion fruit.

# 🍷 Festive Passion Fruit Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2 cups heavy cream (may substitute dairy-free half and half)  
2 cups whole milk (can substitute full fat coconut milk)  
2 cups passion fruit (pitted and cut into cubes)  
½ cup passion fruit concentrate  
½ to ¾ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lemon juice (optional)  
1 teaspoon vanilla extract  
½ cup macadamia nuts, chopped (optional)  
¼ cup shredded coconut (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare passion fruit. Puree the fruit in a blender or food processor, add water if needed.
2. Blend slightly until smooth. Place the passion fruit mixture, passion fruit concentrate and honey in a saucepan.
3. Cook on low heat until honey is dissolved. Add vanilla extract and lemon juice (optional). Chill for at least an hour; best if chilled overnight.
4. Refrigerate the ice cream base and bowl until very cold, at least an hour.

# Y Festive Passion Fruit Ice Cream

5. Prepare the ice cream maker. Make sure and read the manufacturer's instructions first .
6. Pour the cream and milk (or dairy substitutes) into the ice cream maker.
7. Mix in the passion fruit mixture when the ice cream is close to done.
8. Add the shredded coconut and macadamia nuts (optional).
9. Churn the ingredients until the ice cream is the perfect consistency. The time can vary depending on the ice cream machine.
10. Serve immediately for a soft ice cream or freeze the ice cream in an airtight container if a harder ice cream is desired. Set out for approximately 5 minutes before serving.

## Fig & Honey Ice Cream



☺ This is an incredible dessert with a unique taste and texture. Fig and honey ice cream is perfectly sweet, creamy and rich. It is the ultimate treat for late summer when figs are their finest. This recipe has the mellow sweetness of honey which is the ideal pairing for figs. In addition, the fig seeds add a lovely texture.

Change the recipe to your liking and add orange zest, spicy aromatic cinnamon or pistachios for a Middle Eastern fare.

# Fig & Honey Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2 cups whipping cream (may substitute dairy-free whipping cream)  
2 cups half and half (may substitute dairy-free half and half)  
2½ to 3 cups figs (stems removed, cubed)  
½ cup filtered water  
½ cup honey (may substitute maple syrup or agave nectar)  
2-3 teaspoons lemon juice  
2 teaspoons orange zest (optional)  
1 cinnamon stick (optional)  
½ cup pistachios, halved (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Clean and remove stems from figs. Cut the figs into eighths.
2. Add figs, orange zest or cinnamon stick (optional) and water to a saucepan. Cover and cook over medium heat for 10 minutes. Stir often with a wooden spoon to prevent figs from turning into candy.
3. Mix in honey and heat until it is completely dissolved. Place the mixture in an airtight container and refrigerate until very cold, overnight if possible.
4. Before starting, make sure the ice cream bowl and the base are very cold. Ready the ice cream maker. Read the manufacturer's instructions.

## Fig & Honey Ice Cream

5. Pour cream and half and half (or dairy substitutes) into the ice cream maker.
6. Add the cold fig mixture and pistachios (optional) when the ice cream is almost done churning. This stops the figs from sinking to the bottom of the bowl.
7. Churn the ingredients until the ice cream is to your liking. The time can vary, depending on the ice cream machine.
8. Serve immediately or chill the ice cream in an airtight container in the freezer for an hour or more if a hard ice cream is preferred. Set out for approximately 5 minutes before serving.

# 🍷 Fresh Strawberry Ice Cream



☺ This is the best strawberry ice cream ever. It has an intense strawberry flavor that is smooth and delicious. The vibrant chunks of red berries add color and are the perfect scoop of summer. Serve with a favorite topping like cocoa nibs, slivered almonds, crumbled shortbread or strawberry compote.

# 🍓 Fresh Strawberry Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2 cups cream (may substitute dairy-free half and half)  
2 cups whole milk (or substitute dairy-free milk)  
2 cups strawberries (mashed)  
½ cup honey (may substitute agave nectar)  
¼ cup strawberry jam (optional, for stronger strawberry taste)  
2-3 teaspoons lemon juice or vanilla extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Combine strawberries and honey in to a medium size saucepan, bring to a slow boil. Add a little of water if needed. Cook until honey is dissolved. Refrigerate the mixture for at least an hour or overnight.
2. Place the ice cream bowl and the base in the refrigerator to get cold.
3. Prepare the ice cream maker. Be sure and read the manufacturer's instructions before making ice cream. Pour your milk and cream into the ice cream maker.
4. Add your strawberry mixture when the ice cream is close to done, this prevents the strawberries from sinking to the bottom.
5. Churn the ingredients until the ice cream is thick. Churning time can vary, depending on the ice cream machine.
6. Serve immediately if a soft ice cream is preferred. If a hard ice cream is preferred, chill in an airtight container in the freezer for at least an hour. Set out for about 5 minutes before serving.

## 🍷 Grandmas Strawberry Rhubarb Ice Cream



☺ This is the perfect dessert for celebrating the spring solstice. What better way to start the summer than with a fresh bowl of sweet and tart velvety ice cream. The strawberry rhubarb puree united with the honeyed cream is a delicious combination. It will remind you of the charming strawberry rhubarb pie that grandma used to make on the farm. Serve it plain or top it off with fresh sliced fruit.

# 🍷 Grandmas Strawberry Rhubarb Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk)  
3 cups rhubarb, organic (diced)  
1 cup fresh strawberries, organic (sliced)  
½ cup honey (may substitute agave nectar)  
2 teaspoons lemon juice  
2 teaspoons vanilla extract  
1 teaspoon peach or apricot extract (optional)

## Other Required Items:

Ice Cream Maker

Ice

Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Slice the rhubarb into ½ inch pieces. Add rhubarb, honey and enough water for cooking.
2. On medium-low heat cook for 10 minutes, uncovered. Add more water if needed. Cook the rhubarb until tender. When done stir in lemon juice, vanilla and peach extract (optional).
3. Place the rhubarb mixture and sliced strawberries in a food processor or blender.
4. Puree the fruit until smooth. Chill the mixture in an air tight container for at least an hour or overnight.
5. Before beginning, make sure the ice cream bowl and base and are very cold.

# Y Grandmas Strawberry Rhubarb Ice Cream

6. Prepare the ice cream maker. First read the manufacturer's instructions before starting.
7. Pour milk and cream (or dairy substitutes) into the ice cream maker.
8. Add the rhubarb and strawberry mixture when the ice cream is close to done. This stops the fruit from sinking to the bottom of the bowl.
9. Churn the ingredients until the ice cream is the right consistency. The churning time can vary, depending on the ice cream machine .
10. Serve immediately or freeze the ice cream in an airtight container for an hour or more. Set out for around 5 minutes before serving if the ice cream is too hard.

## 🍷 Guiltless Banana Peanut Butter Ice Cream



🍷 Two main ingredients make this ice cream fabulous, creamy and smooth. It is a healthy dessert high in potassium, manganese, vitamin C and B6. This ice cream combines sweet bananas with rich peanut butter for a guiltless treat. Even better, it is vegan, simple to make and does not require an ice cream maker. Add a favorite topping for an extra treat.

# 🍌 Guiltless Banana Peanut Butter Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

4 bananas (frozen), the riper they the better  
2 tablespoons peanut butter  
3 tablespoons honey (may substitute maple syrup or agave nectar)  
1 cup vanilla almond milk (can substitute yogurt or whole milk)  
2 teaspoons unsweetened cocoa (optional)

## Instructions:

1. Set the bananas out for 10 minutes then cut into ½ inch chunks. You can also cut the banana before freezing, this will save time and a lot of work.
2. Puree bananas in a food processor or blender until mixture holds together, about 3 minutes. Scrape the sides of the blender as needed.
3. Add peanut butter, honey, cocoa (optional) and half of the almond milk. Blend on high and add more almond milk as needed. The mixture should be creamy and smooth.
4. Serve immediately.
5. Add toppings like nuts, chocolate syrup or cinnamon if desired.

# 🍷 Healthy Cranberry Ice Cream



☺ This ice cream is a fabulous healthy treat especially around the holidays. It is a wonderful change from the ordinary fare on Thanksgiving. Cranberries are high in antioxidants, vitamin C and magnesium.

This recipe is a mix of smooth and creamy combined with sweet and tart. It has wonderful flavor that adds a nice warm color to festive occasions. Serve it plain or topped with fresh cranberries, nuts or mint.

# 🍷 Healthy Cranberry Ice Cream

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (can substitute dairy-free half and half)  
1½ cups whole milk (may substitute dairy-free milk such as almond or soy)  
1½ cups cranberries  
¼ cup water, more if needed (may substitute apple juice)  
1 apple, optional (peeled, cored, chopped)  
2/3 cup honey (may substitute maple syrup or agave nectar)  
2-3 teaspoons vanilla extract  
2 sticks cinnamon

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare apple if using. Place apple and cranberries in a saucepan with water and cinnamon sticks.
2. Bring the mixture to a boil and simmer on medium heat for 10-15 minutes until cranberries quit popping. Stir in honey. Add vanilla extract. Allow to cool slightly. Remove cinnamon sticks.
3. Puree cranberry mixture in a blender or food processor until smooth. Place the mixture in the refrigerator for at least an hour or overnight if possible.
4. Before starting, make sure the ice cream bowl and the base are cold.

# Healthy Cranberry Ice Cream

5. Prepare the ice cream maker. Read the manufacturer's instructions.
6. Pour milk and cream (or dairy substitutes) into the ice cream maker. Add the cold cranberry mixture when the ice cream is almost done churning.
7. Churn the ingredients until the ice cream is to your liking. The time can vary, depending on the ice cream machine.
8. Serve immediately or chill the ice cream in an airtight container in the freezer for a few hours. Set out for approximately 5 minutes before serving.

## 🍷 Holiday Persimmon Ice Cream



🍷 Even if persimmons are not a favorite fruit, you will adore this recipe. The exclusive flavors of persimmons are well paired with ultra-rich ice cream. Add a touch of cardamom, cinnamon and ginger and you have the ultimate holiday treat.

This dessert goes well with gingersnap cookies, chopped walnuts or even sliced dates. It's like having a delicious pumpkin pie that is cold and creamy plus filled with sweet spice.

# 🍷 Holiday Persimmon Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 2 cups whipping cream (may substitute dairy-free whipping cream)
- 2 cups half and half (may substitute dairy-free half and half)
- 2 to 2½ cups persimmons (peeled and diced)
- ½ cup honey (may substitute maple syrup or agave nectar)
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon cardamom, crushed
- 1 tablespoon crystallized ginger, sliced thin
- ½ cup chopped walnuts (optional)

## Other Required Items:

- Ice Cream Maker
- Ice
- Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Clean, peel and seed the persimmons. Cut into cubes.
2. Add persimmons, honey, cinnamon, cardamom and ginger to a food processor or blender. Puree until smooth. Stir in vanilla extract. Place the mixture in an air tight container and refrigerate until very cold, overnight if possible.
3. Before starting, make sure the ice cream bowl and base are very cold.
4. Ready the ice cream maker. Read the manufacturer's instructions before starting.
5. Pour cream and half and half (or dairy substitutes) into the ice cream maker.
6. Add the cold persimmon mixture and walnuts (optional) when the ice cream is close to done.
7. Churn the ingredients until the ice cream is to your liking. The time can vary, depending on the ice cream machine.
8. Serve immediately or chill the ice cream in an airtight container in the freezer for an hour or more. Set out for approximately 5 minutes before serving.

# Homemade Georgia Peach Ice Cream



🍷 A creamy, delectable summertime treat. This ice cream is like the homemade desserts you find in Southern kitchens. It has a refreshing peach goodness joined with crunchy pecans. Equally, the smooth fruity flavor complements most any type of dessert. Serve it with a desired shortbread or rich cake.

Likewise, you can delight your senses and top it with fresh peaches, chopped nuts (preferably pecans) and a sprig of peppermint.

# Homemade Georgia Peach Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk)  
2½ cups fresh peaches (pitted, peeled and cubed)  
½ cup honey (may substitute maple syrup or agave nectar)  
¼ cup peach jam (optional, for stronger peach taste)  
½ cup pecans, chopped (optional)  
1 teaspoon vanilla extract  
2 teaspoons lemon juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Core, peel and chop peaches into small cubes. Place in saucepan with just enough water for cooking. Cook peaches until slightly tender. Drain excess water.
2. Add honey, lemon and jam to peaches. Cook until honey is dissolved. Stir in vanilla extract. Place the peach mixture in the refrigerator, overnight if best.
3. Before starting, make sure the ice cream bowl and the base are cold.
4. Prepare the ice cream maker. Read the manufacturer's instructions.
5. Pour cream and milk (or dairy substitutes) into the ice cream maker.
6. Add the cold peach mixture and pecans when the ice cream is almost done churning. This stops the fruit from sinking to the bottom of the bowl.
7. Churn the ingredients until the ice cream is the right texture. Depending on the ice cream machine, the time can vary.
8. Serve immediately or chill the ice cream in an airtight container in the freezer for at least an hour. Set out for approximately 5 minutes before serving.

# Homemade Green Grape Ice Cream



☺ This ice cream is a seasonal favorite. It is a culinary treat with an outburst of unbelievable grape flavor. It has a slight cream texture with a touch of lemon zest. This recipe is very versatile and you can use any seedless grape available. Serve this ice cream during festive occasions with shortbread cookies or biscotti and curl of lemon peel on top.

# Homemade Green Grape Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

1 $\frac{3}{4}$  cups whole milk (can substitute dairy-free milk like soy or almond)  
2 cups heavy cream (may substitute dairy-free half and half)  
4 cups grape juice  
1 fresh lemon, squeezed  
 $\frac{3}{4}$  cup honey  
 $\frac{1}{2}$  cup seedless grapes (cut in half)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Wash the grapes and remove them from the cluster. Pat with cloth until dry. Put the grapes in an air tight container and freeze for at least an hour or overnight.
2. Heat grape juice and add lemon and honey. Cook until honey is dissolved. Refrigerate until ready to use, preferable overnight.
3. Before starting, make sure the ice cream base and bowl are cold.
4. Ready the ice cream maker. Make sure and read the manufacturer's instructions before starting.
5. Pour milk and cream (or dairy substitutes) into the ice cream maker.
6. Add the fresh grapes and grape juice mixture when the ice cream is almost finished churning
7. Churn the ingredients until the ice cream is the right consistency. Churning time can vary, depending on the ice cream machine.

## 🍷 Honey Rhubarb Compote Ice Cream



☺ This dessert fuses the mouth puckering tangy flavor of rhubarb with the sweet taste of honey ice cream. Even those who dislike rhubarb will love this tasty treat. Not only is it thirst quenching but it is creamy and smooth coupled with a subtle flavor of cinnamon and vanilla. It is the ideal summer dessert. Top it off with a scoop of rhubarb compote and serve with your favorite cookie then enjoy.

# 🍯 Honey Rhubarb Compote Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk)  
3 cups rhubarb (diced)  
½ cup honey (may substitute maple syrup or agave nectar)  
2 teaspoons lemon juice  
2 teaspoons vanilla extract  
2 teaspoons cinnamon, ground

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Cut rhubarb into ½ inch pieces. Add rhubarb, honey and enough water for cooking. On medium-low heat cook the rhubarb for 10 minutes, uncovered. Add more water if needed. Cook the fruit until tender. When done mix in cinnamon, lemon juice and vanilla extract.
2. Place the rhubarb mixture in a food processor or blender. Puree until smooth. Chill the mixture in an air tight container for at least an hour or overnight.
3. Before starting, make sure the ice cream bowl and base are cold.
4. Prepare the ice cream maker. Make sure and read the manufacturer's instructions first.
5. Pour cream and milk (or dairy substitutes) into the ice cream maker.
6. Add the rhubarb mixture when the ice cream is almost done. This stops the fruit from sinking to the bottom of the bowl.
7. Churn the ingredients until the ice cream is the right consistency. Depending on the ice cream machine, the time can vary.
8. Serve immediately or freeze the ice cream in an airtight container for an hour or more. Set out for approximately 5 minutes before serving if ice cream is too hard.

# 🍷 Kumquat Spice Ice Cream



☺ This healthy dessert is both energizing and relaxing. It is lip-smacking good, filled with the refreshing fruit of kumquat coupled with the relaxing smoothness of cream. The velvety taste is followed by the striking spice of ginger.

Kumquats are like the concentrated miniature oranges that wake up the palate with a nice tartness. Although for this recipe you can substitute oranges, kumquats are far better. Serve this luscious dessert with dark chocolate shavings, fresh sliced kumquats and sliced roasted almonds. Or for a bit more color and striking contrast you can top it off with cranberry syrup and sprigs of mint.

# 🍷 Kumquat Spice Ice Cream

**Preparation Time:** 10 minutes

**Cooking Time:** 20-30 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free soy yogurt)  
2 cups kumquats (remove seeds, sliced thin)  
½ cup freshly squeezed orange juice  
½ cup honey (may substitute maple syrup or agave nectar)  
¼ cup kumquat or orange jam (optional, for stronger kumquat taste)  
2 tablespoons crystallized ginger, sliced thin  
1-2 teaspoons freshly squeezed lemon juice

## Other Required Items:

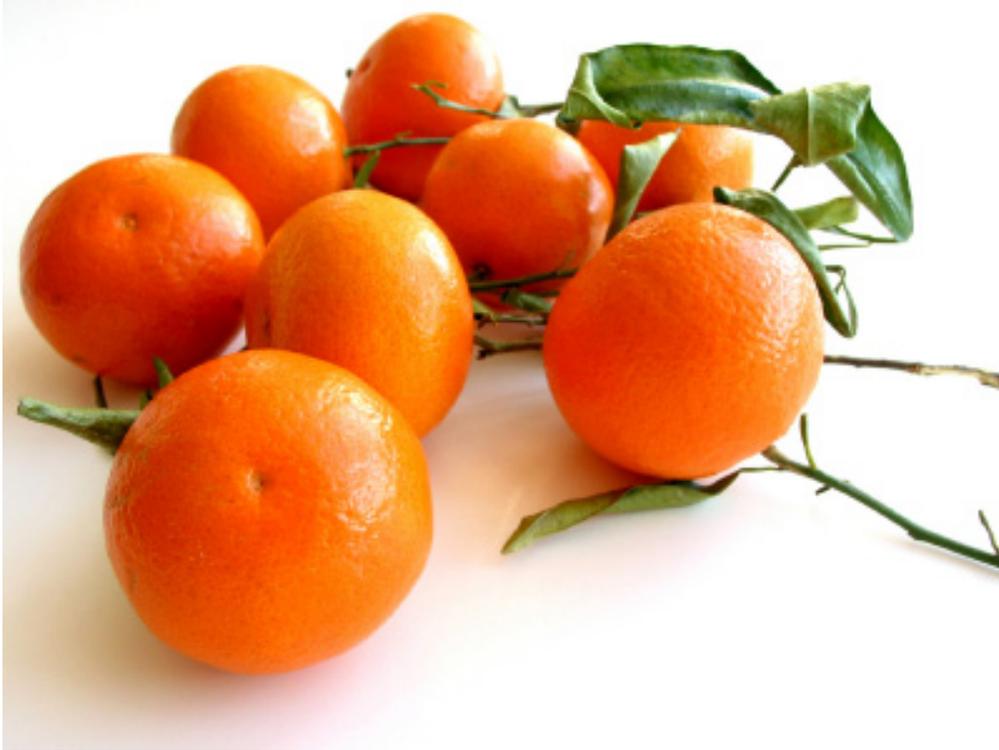
Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Peel and remove seeds from the kumquats. Thinly slice. Add kumquats, orange juice, lemon juice, honey and jam to a food processor or blender. Puree until mixture is smooth. Refrigerate for at least an hour or overnight. Place the ice cream base and bowl in the refrigerator to get cold, about an hour. Prepare the ice cream maker. Make sure and read the manufacturer's instructions before churning.
2. Pour milk and cream into the ice cream maker. Add your kumquat mixture and sliced ginger when the ice cream is almost finished, this prevents the cream and milk from curdling.
3. Churn the ingredients until the ice cream is the desired thickness. Depending on the ice cream maker, churning time can vary.
4. Best if served immediately. Chill the ice cream in an airtight container in the freezer if it is not served right after making. Set out for approximately 5 minutes before serving.

## Light Tangerine Ice Cream



☺ Light, smooth and mouthwatering, this heavenly dessert is an invigorating treat. Want to brighten your day in the middle of the winter or calm a hot summers day? Tangerine ice cream is the ideal indulgence that tastes just like old fashioned creamsicles.

If you want a decorative display for a special occasion, scoop the ice cream into tangerine halves that have been hollowed out. You can also serve this treat with special desserts like chocolate mousse cake, java orange tarts or caramel bonbons.

# Light Tangerine Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cup whole milk (or substitute dairy-free milk)  
½ to 2/3 cup fresh squeezed tangerine juice  
½ cup honey (may substitute maple syrup or agave nectar)  
¼ cup tangerine or orange jam (optional, for stronger fruit taste)  
2-3 teaspoons orange extract, optional (gives a Grand Marnier flavor)  
1 tablespoon tangerine zest  
1 teaspoon pure vanilla extract  
3 teaspoons fresh lemon juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Mix tangerine juice, lemon juice, tangerine zest, jam and honey into a medium size saucepan, bring to a slow boil. Cook until honey is dissolved. Stir in vanilla extract. Refrigerate for at least an hour or overnight.
2. Place the ice cream bowl and base in the refrigerator to get cold.
3. Prepare the ice cream maker. Make sure and read the manufacturer's instructions before churning. Pour cream and milk into the ice cream maker.
4. Add your tangerine mixture when the ice cream is close to finished, this prevents the cream and milk from curdling.
5. Churn the ingredients until the ice cream is the desired thickness. Churning time can vary, depending on the ice cream maker
6. Best if served immediately. Chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is desired. Set out for approximately 5 minutes before serving.

# Y Luscious Sweet Coconut Ice Cream



☺ If you are a fan of coconut you will absolutely love this recipe. It is robust in flavor and can be made creamy and smooth or with bits of shredded coconut for a chewy texture. Serve it with organic chocolate syrup, toasted coconut or fresh fruit such as pineapple, bananas or mango. This fabulous ice cream is perfect for a vegan diet and requires little time to make. It is ideal for a tropical dinner party dessert on a hot summer's day.

# Y Luscious Sweet Coconut Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

1<sup>3</sup>/<sub>4</sub> cups heavy cream (may substitute full fat coconut milk)

1<sup>3</sup>/<sub>4</sub> cups full fat coconut milk

1/2 cup honey (can substitute agave nectar)

2-3 teaspoons pure vanilla extract

1/2 to 1 cup organic coconut flakes (optional)

## Other Required Items:

Ice Cream Maker

Ice

Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Mix the cream, coconut milk and honey in a saucepan. Heat the mixture on very low temperature until the honey dissolves. Stir in vanilla extract. Refrigerate until very cold, at least an hour or overnight.
2. Refrigerate the ice cream base and bowl at least an hour or until very cold.
3. Prepare the ice cream maker. Read the manufacturer's instructions before starting.
4. Pour coconut mixture into the ice cream maker.
5. Add fresh coconut flakes (optional) when the ice cream is close to finished. Churn the ingredients until the ice cream is done. Churning time varies, depending on the ice cream machine .
6. Serve immediately or chill it in an airtight container in the freezer. Set out for approximately 5 minutes before serving.

# 🍷 Mandarin Orange Ice Cream



☕ Refreshing, smooth and festive, this ice cream will have you going back for more. The sweet delicate flavor of mandarins is what makes this dessert quite heavenly. This recipe is easy to make and can be made any time of year. It is an extraordinary treat and perfect for special occasions.

Mandarin orange ice cream goes fabulous with sesame brittle, chocolate cake or fresh fruit.

# 🍊 Mandarin Orange Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 1½ cups half and half (may substitute dairy-free half and half)
- 1½ cups heavy whipping cream (can substitute dairy-free whipping cream)
- ½ cup fresh squeezed mandarin juice
- ½ cup honey (may substitute agave nectar)
- ¼ cup mandarin jam (optional, for stronger orange flavor)
- 1 tablespoon mandarin zest
- 1 teaspoon pure vanilla extract (or orange extract for a Grand Marnier flavor)
- 3 teaspoons fresh lemon juice

## Other Required Items:

- Ice Cream Maker
- Ice
- Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Mix mandarin juice, lemon juice, mandarin zest, mandarin jam and honey in a saucepan, slowly bring to a boil. Cook until honey is completely dissolved. Refrigerate for at least an hour or overnight.
2. Place the ice cream bowl and base in the refrigerator to get cold.
3. Prepare the ice cream maker. First read the manufacturer's instructions before making ice cream. Pour half and half and whipping cream into the ice cream maker.
4. Mix in mandarin mixture when the ice cream is almost done, this prevents the half and half and cream from curdling.
5. Churn the ingredients until the ice cream is done. Total churning time will vary, depending on the ice cream machine.
6. Serve immediately if a soft ice cream is preferred. Chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is desired. Set out for approximately 5 minutes before serving.

# Y Mango Delight Ice Cream



🍹 Get ready for a special treat with this extra creamy and smooth recipe. It is extremely simple to make and very delicious. The luscious texture of the mango makes this dessert quite heavenly. Use the ripest mangoes you can find to accentuate the wonderful flavor of this magnificent fruit.

Additional sweetener can be added to your liking since the tartness of individual mangoes can fluctuate. Garnish this dessert with fresh mangos and toasted coconut and you will be in paradise.

# 🍌 Mango Delight Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups heavy cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute full fat coconut milk)  
½ cup honey, to taste (can substitute agave nectar)  
2 teaspoons pure vanilla extract  
1 cup mango (cut into cubes)  
½ cup organic coconut flakes (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare mango. In a saucepan, add the mango and honey with enough water for cooking. Heat the mixture on very low until the honey dissolves. Stir in vanilla extract.
2. Puree the mango in a blender or food processor until smooth. You can reserve a few mango cubes if chunks are desired. Refrigerate until cold, at least an hour or overnight.
3. Refrigerate the ice cream base and bowl at least an hour or until very cold.
4. Ready the ice cream maker. Make sure and read the manufacturer's instructions before starting.
5. Pour milk and cream (or dairy substitutes) into the ice cream maker.
6. Add the mango and fresh coconut flakes (optional) when the ice cream is close to finished. Churn the ingredients until the ice cream is done. Depending on the ice cream machine, churning time can vary.
7. Serve immediately or chill the ice cream in an airtight container in the freezer. Set out for approximately 5 minutes before serving.

## 🍷 Mixed Berry Cobbler Ice Cream



🍷 Do you have a motley assortment of berries sitting in the refrigerator waiting to be used? Or maybe you have a fruit salad leftover from your latest get-together. Why not mix the berries together and make a tantalizing treat?

This easy recipe makes room for creativity by using a mixture of berries and fruit of your choice. Sweet, simple and delightful; mixed berry cobbler ice cream can be served with shortbread sprinkles, fresh sprigs of mint or lemon zest.

# 🍷 Mixed Berry Cobbler Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

### Mixed Berry Compote

4 cups mixed berries

4 tablespoons honey (can substitute agave nectar or maple syrup)

1 small lemon (squeezed/juiced)

### Ice Cream

2 cups cream (may substitute dairy-free half and half)

2 cups whole milk (or substitute dairy-free milk such as almond and soy or yogurt)

2-3 teaspoons vanilla extract

10-20 shortbread cookies, broken into small bite size pieces (use organic like Back to Nature)

## Other Required Items:

Ice Cream Maker

Ice

Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Place the berries, lemon and honey in a pan. Gently stir. Cook on medium-high heat for 5 minutes until berries are soft. Add a touch of water if needed.
2. Remove the berry mixture from heat and allow them to cool a couple of minutes. Place the compote in a container with a lid. Put in the refrigerator for at least an hour.
3. Prepare the ice cream maker. Carefully read the manufacturer's instructions first.
4. Pour milk and cream (or dairy substitutes) into the ice cream maker.
5. Right before the ice cream is ready add the berry mixture. This prevents the fruit from sinking to the bottom. When done, scoop the ice cream into a cold container alternating layers of ice cream and sprinkles of shortbread. Save some of the cookies for a topping.
6. Freeze the ice cream in a sealed container until ready to use.
7. Serve with berry compote, fresh berries and crumbled shortbread.

## Mock Tequila Lime Ice Cream



☺ Talk about festive desserts, this ice cream will remind you of relaxing on a beach somewhere in the tropics. It is a cool and refreshing treat that will calm the senses and relax the spirit. This ice cream is tangy and smooth with a sharp finish of tequila-like flavor.

Embrace it with a scoop of berries and some crunchy cookies and you're in for a delightful treat. You can also salt the rims of the ice cream bowls for a festive mock margarita frozen dessert.

# Mock Tequila Lime Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (can substitute dairy-free milk, coconut milk is a nice alternative)  
½ cup agave nectar (needed for Tequila flavor), more to taste  
4 teaspoons fresh lime zest (finely grated)  
2/3 cup fresh squeezed lime juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Combine lime juice, lime zest and agave nectar into a medium size saucepan, bring to a slow boil. Cook until agave nectar is dissolved. Refrigerate the mixture for at least an hour or overnight.
2. Place the ice cream base and the bowl in the refrigerator to get cold.
3. Ready the ice cream maker. Make sure and read the manufacturer's instructions.
4. Pour the cream and milk into the ice cream maker.
5. Add your lime mixture when the ice cream is close done, this prevents the milk from curdling
6. Churn the ingredients until the ice cream is the desired consistency. Churning time can vary, depending on the ice cream machine.
7. Serve immediately if a soft ice cream is desired. Chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is preferred. For easier scooping, set out for around 5 minutes before serving.

# Mountain Huckleberry and Amaretto Ice Cream



☺ Loved by people and bears alike, huckleberries are a treasured mountain treat. This recipe combines the rich and sugary flavor of huckleberries with the sweet amaretto-like taste of almonds. It is a dessert that will remind you of days gone past when there wasn't a care in the world. Enjoy this heavenly treat with roasted almond shavings and fresh huckleberries infused in honey.

# Mountain Huckleberry and Amaretto Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk)  
2 cups huckleberries (cleaned and stem removed)  
½ to ¾ cup honey (may substitute agave nectar)  
⅓ cup toasted almonds (coarsely chopped), may substitute ¾ cup almond paste  
2 teaspoons lemon juice  
2 teaspoons almond extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Clean and dry huckleberries. Place in saucepan and mix in honey and enough water to cook. Simmer until honey is dissolved. Add lemon juice and almond extract. Mash the berries until desired consistency. Leave chunks of berries if desired. Refrigerate the mixture until ready to use, preferably overnight.
2. Before starting, make sure the ice cream bowl and the base are cold.
3. Prepare the ice cream maker. First read the manufacturer's instructions.
4. Pour cream and milk (or dairy substitutes) into the ice cream maker.
5. Add the huckleberry mixture, almonds or almond paste when the ice cream is almost done churning. This stops the berries from sinking to the bottom of the bowl.
6. Churn the ingredients until the ice cream is to your liking. Time can vary, depending on the ice cream machine.
7. Serve immediately or chill the ice cream in an airtight container in the freezer for at least an hour. Set out for 5 minutes before serving.

# Y Nutritious Tropical Jackfruit Ice Cream



☞ If you are lucky enough to find jackfruit at your local market then you have to try this recipe. You might try looking for this exotic fruit at your Asian market. It is a must serve for the summer or on special occasions.

This dessert has the charmingly sweet taste of jackfruit that is complemented with the nutty flavor of cashews. It is an ice cream similar to what you would find in the Philippines or the Caribbean. Serve with freshly chopped cashews and fresh fruit such as jackfruit or pineapple.

# Y Nutritious Tropical Jackfruit Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups heavy cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute full fat coconut milk)  
2½ cups jackfruit (seeded and cut into cubes)  
½ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lemon juice  
1 vanilla bean split in half lengthwise (can substitute 2 teaspoons vanilla extract)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Remove the seed and the seed covering from the jackfruit.
2. Place the fruit in a blender or food processor. If needed, add enough water to puree. Blend until the jackfruit is smooth.
3. Put the jackfruit, honey and lemon juice in a saucepan.
4. Scrape the vanilla seed into the mixture then add the pod. Cook over low heat until honey is dissolved. Stir often.
5. Remove from heat and place the mixture in a sealed container. Chill for at least an hour; best if refrigerated overnight. Refrigerate the ice cream bowl and base until very cold, at least an hour.

# Y Nutritious Tropical Jackfruit Ice Cream

6. Ready the ice cream maker. Make sure and read the manufacturer's instructions.
7. Pour the milk and cream (or dairy substitutes) into the ice cream maker.
8. Add the jackfruit mixture when the ice cream is close to done. This prevents the fruit from sinking to the bottom of the bowl.
9. Churn the ingredients until the ice cream is the preferred consistency. The time can vary depending on the ice cream machine.
10. Serve immediately or freeze the ice cream in an airtight container for an hour or more if a hard ice cream is preferred. Set out for approximately 5 minutes before serving.

# 🍷 Old Fashioned Elderberry Ice Cream



🍷 This ice cream brings back fond memories of good old days when people sat around their porch telling wild folktales and enjoying good wholesome food. This dessert is rich in flavor and has a vibrant magenta color. Elderberries are sharp and musky when first picked, but immerse them in honey and their wild sweet flavor becomes potent.

This delectable ice cream goes well with almost any dessert like homemade apple cobbler, elderberry pie, rich chocolate cake or your favorite cookie. It is smooth, creamy and enchanting.

# 🍷 Old Fashioned Elderberry Ice Cream

**Preparation Time:** 10 minutes

**Cooking Time:** 45 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 2½ cups cream (may substitute dairy-free half and half)
- 1½ cups whole milk (or substitute dairy-free milk)
- 2 cups elderberries (cleaned and stem, remove all green berries)
- 2/3 cup honey or agave nectar (adjust sweetness as they simmer)
- ½ lemon, juiced
- 1 vanilla bean split in half lengthwise (can substitute 2 teaspoons vanilla extract)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Place elderberries, lemon, honey and vanilla bean in a saucepan. Add enough water for cooking if needed. Simmer on low heat for 45 minutes or until berries are soft. Cool slightly then push the mixture through a sieve. Refrigerate the berries for at least an hour or overnight
2. Before starting, make sure the ice cream bowl and the base are cold.
3. Ready the ice cream maker. Make sure and read the manufacturer's instructions.
4. Pour cream and cream (or dairy substitutes) into the ice cream maker.
5. Add the cold berry mixture when the ice cream is almost done churning.
6. Churn the mixture until the ice cream is to your liking. The time will vary, depending on the ice cream machine.
7. Serve immediately with your favorite dessert or just like it is, creamy and smooth. If a hard ice cream is preferred you can freeze it in an airtight container for an hour or more. Set out for 5 minutes before serving.

# 🍌 Papaya Coconut Ice Cream



🍌 This is a wonderful tropical dessert that coconut lovers will adore. It is an exotic treat that has the creamy texture of coconut united with the sweet taste of papaya. This colorful ice cream is perfect for all festive occasions and goes well with any tropical meal.

This splendid recipe is extremely versatile and can be made with chunks of papaya or pureed for a creamier texture. For a dairy free indulgence substitute the milk and cream with coconut milk and add coconut flakes if desired.

# 🍌 Papaya Coconut Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

1¾ cups heavy cream (may substitute full fat coconut milk)  
1¾ cups full fat coconut milk  
½ cup honey (can substitute agave nectar)  
2-3 teaspoons pure vanilla extract  
1 cup papaya (cut into cubes)  
½ to 2/3 cup organic coconut flakes (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. In a saucepan, add the papaya and honey with just enough water for cooking. Heat the mixture on very low until the honey dissolves. Mix in vanilla extract. Puree the papaya in a food processor or blender until smooth. You can reserve a few papaya pieces if chunks are desired. Refrigerate until cold, at least an hour or overnight.
2. Refrigerate the ice cream base and bowl at least an hour or until very cold.
3. Ready the ice cream maker. Make sure you read the manufacturer's instructions before starting.
4. Pour the cream and coconut milk into the ice cream maker. Add the papaya and fresh coconut flakes (optional) when the ice cream is close to finished.
5. Churn the ingredients until the ice cream is done. Churning time can vary, depending on the ice cream machine.
6. Serve immediately or chill the ice cream in an airtight container in the freezer. Set out for around 5 minutes before serving.

## 🍷 Papaya Pineapple Ice Cream



☕ This is a delightful dessert that can instantly transport you to the tropics. The combination of papaya and pineapple are the ideal combination for this festive treat. Add a hint of coconut and a touch of vanilla and your palate with love you forever. This recipe is very simple and can be altered for dairy-free diets. Serve with numerous toppings to fit your mood and fancy such as chopped pistachios, sprigs of mint and some fresh fruit.

# 🍌 Papaya Pineapple Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups heavy cream (can substitute dairy-free half and half)  
1½ cups whole milk (may substitute full fat coconut milk)  
1½ cups papaya (pitted and cut into cubes)  
½ cup pineapple, cut into bite size pieces  
½ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lemon juice (optional)  
1 teaspoon vanilla extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare the papaya. Puree the fruit in a blender or food processor, add water if needed. Blend until it is very smooth.
2. Place the papaya mixture and honey in a saucepan.
3. Add enough water to prevent the fruit from burning. Cook on low heat until honey is dissolved.
4. Add vanilla extract and lemon juice (optional). Chill for at least an hour; best if chilled overnight.
5. Refrigerate the ice cream bowl and base until cold, at least an hour. Ready the ice cream maker. Read the manufacturer's instructions first.
6. Pour cream and milk (or dairy substitutes) into the ice cream maker. Add the papaya mixture and pineapple when the ice cream is almost done. This prevents the pineapple from curdling the milk.
7. Churn the ingredients until the ice cream is to your liking. The time can vary depending on the ice cream machine.
8. Serve immediately for a soft ice cream or freeze the ice cream in an airtight container if a hard ice cream is desired. Set out for approximately 5 minutes before serving.

## 🍷 Pear Compote Ice Cream



🍷 This ice cream is infused with a deep and rich pear flavor. With a hint of cinnamon and the option of ginger, your taste buds will definitely be enticed. A fabulous treat on a cool fall day or mid-summers eve, pear compote ice cream is sure to please. Even in the midst of winter, this dessert will ease the soul and soothe the spirit. The ginger is wonderfully warm embraced with a profound pear taste. Serve with shortbread or a favorite cookie.

# 🍷 Pear Compote Ice Cream

**Preparation Time:** 20 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

4 medium-sized pears (Anjou or Bartlett) peeled, cored and chopped  
Water  
3 tablespoons honey  
1 cinnamon stick (optional)  
1 teaspoon vanilla  
1 tablespoon fresh lemon juice  
2½ cups cream (can substitute dairy-free half and half)  
1½ cups whole milk (or substitute dairy-free milk like soy or almond)  
½ cup honey (may substitute maple syrup or agave nectar)  
¼ cup fresh ginger finely minced (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Core, peel and chop pears into small pieces. Place in pan with just enough water for cooking. Add cinnamon stick. Cook the fruit until slightly tender.
2. Mix in 3 tablespoons honey, lemon and vanilla extract. Put the compote in the refrigerator for at least an hour or overnight. Note: Remove cinnamon stick just before adding to ice cream.
3. In a medium pan mix the milk, cream, ½ cup honey and ginger (optional). Simmer over medium-heat. Stir mixture until honey is dissolved. Place in sealed container and refrigerate at least 1 hour, overnight is best. Note: If ginger is used, strain the milk using cheesecloth or a sieve to remove ginger fibers.

# Y Pear Compote Ice Cream

4. Before starting, make sure the ice cream base and bowl are cold.
5. Prepare the ice cream maker. Make sure to read the manufacturer's instructions.
6. Pour the cold cream and milk (or dairy substitutes) into the ice cream maker.
7. Add the cold pear compote when the ice cream is almost finished. This stops the fruit from sinking to the bottom. Make sure and save some compote if you want to use it as a topping.
8. Churn the mixture until the ice cream is ready. Churning time depends on the ice cream machine.
9. Serve immediately. If a hard ice cream is preferred, chill the ice cream in an airtight container in the freezer for at least an hour. Set out for approximately 5 minutes before serving. Top with pear compote or pieces of candied ginger.

# 🍍 Pineapple Lime Ice Cream



🍹 Get ready to visit the Caribbean with this fabulous dessert. Sweet yet tart and amazingly refreshing, this ice cream will tantalize your taste buds. It is the ultimate treat for a hot sultry day when you need to cool down. You can serve this fabulous ice cream on special occasions with a decorative display of toppings like fresh bananas, toasted coconut, peppermint sprigs, or wisps of lime zest. A colorful and tasty treat your guests will always remember.

# 🍍 Pineapple Lime Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups heavy cream (can substitute dairy-free half and half)  
1½ cup whole milk (may substitute full fat coconut milk)  
1½ cups pineapple (cut into bite size pieces)  
½ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lime juice  
1-3 tablespoons lime zest  
1 teaspoon vanilla extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare the pineapple
2. Put the honey, lime juice and lime zest in a saucepan. Add enough water to cook. On low heat, cook until the honey is dissolved. Add vanilla extract and pineapple. Chill for at least an hour; best if chilled overnight.
3. Refrigerate the ice cream bowl and base until cold, at least an hour or overnight.
4. Prepare the ice cream maker. Make sure and read the manufacturer's instructions first.
5. Pour milk and cream (or dairy substitutes) into the ice cream maker.
6. Add the pineapple mixture when the ice cream is close to done. This prevents the pineapple from curdling the milk and cream.
7. Churn the ingredients until the ice cream is to your liking. Depending on the ice cream machine, the churning time will vary.
8. Serve immediately for a soft ice cream or freeze the ice cream in an airtight container if a harder ice cream is preferred. Set out for approximately 5 minutes before serving.

# Plum Pudding Ice Cream



☺ This non-alcohol recipe is a great alternative to the traditional plum pudding ice creams served during the holidays. It is easy to make and can be prepared ahead of time. This delicious dessert combines mixed dried fruit soaked in orange with a hint of chocolate and slivered almonds. It is creamy, smooth and packed with goodness. It is best served with fresh strawberries soaked in sugary orange sauce and will be savored especially on special occasions.

# Plum Pudding Ice Cream

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1 cup whole milk (or substitute dairy-free milk)  
½ cup honey, or to taste (may substitute maple syrup or agave nectar)  
½ cup sultanas (dried white grapes)  
½ cup chopped raisins, seedless  
½ cup mixed dried fruit, chopped; apricots, cherries, pears, apples, etc.  
½ cup orange juice  
1 teaspoon orange extract  
2 teaspoons vanilla extract  
¼ teaspoon nutmeg, ground  
¼ teaspoon cinnamon, ground  
¼ teaspoon allspice, ground  
¾ cup dark chocolate broken into pieces  
½ cup slivered almonds, roasted (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Mix raisins, sultanas, orange juice, orange extract and vanilla extract in a bowl. Let soak overnight in the refrigerator.
2. Prepare and chop mixed dried fruit. Place the fruit mixture, honey, cinnamon, nutmeg and allspice into a saucepan. Heat on low until honey is dissolved. Put in airtight container and put in

# Plum Pudding Ice Cream

the refrigerator until ready to use, at least an hour.

3. Before starting, make sure the ice cream bowl and base are cold.
4. Slowly melt the chocolate over double boiler until smooth.
5. Meanwhile ready the ice cream maker. Read the manufacturer's instructions first.
6. Pour the cream, milk and chocolate (or dairy substitutes) into the ice cream maker.
7. Add the dried fruit mixture, raisin mixture and almonds (optional) when the ice cream is almost done. This prevents the fruit from sinking to the bottom of the bowl.
8. Churn the ingredients until the ice cream is the right consistency. Churning time can vary, depending on the ice cream machine.
9. Serve immediately or freeze the ice cream in an airtight container for an hour or more. Set out for approximately 5 minutes before serving if ice cream is too hard.

# 🍷 Pomegranate Delight Ice Cream



☺ This is a colorful dessert that is rich and tart with a light undertone of orange. It is easy to make and can be made with fresh or store bought pomegranate juice. Yet to get the full color and flavor this wonderful fruit has to offer, you will need fresh pomegranates.

Serve this delicious ice cream with sliced oranges or pomegranate arils and a sprig of mint then drizzle it with agave nectar syrup.

# 🍷 Pomegranate Delight Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 3 cups whole milk (can substitute dairy-free milk)
- 1 cup whipping cream (may substitute dairy-free whipping cream)
- ¾ cup heavy cream (or substitute dairy-free half and half)
- 3 large pomegranates
- ¾ cup agave nectar (may substitute honey or maple syrup)
- 1 to 2 tablespoons orange extract, depending on taste
- 2 teaspoons vanilla extract

## Other Required Items:

- Ice Cream Maker
- Ice
- Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Seed the pomegranates. Make sure there are no white membranes connecting the seeds for they are very bitter. Place the pomegranate seeds into a food processor or blender. Puree until smooth. Reserve a few seeds if you like bits of fruit in your ice cream.
2. Place the pomegranate mixture, seeds (optional) and agave nectar in a saucepan. Cook on low heat for 8-10 minutes. Mix in orange and vanilla extract. Put the mixture in an airtight container and refrigerate for at least an hour or overnight.
3. Before starting, make sure the ice cream bowl and the base are very cold. Prepare the ice cream maker. Read the manufacturer's instructions first. Pour heavy cream, whipping cream and milk (or dairy substitutes) into the ice cream maker. Add the cold pomegranate mixture when the ice cream is almost done churning. This stops the fruit from sinking to the bottom of the bowl. Churn the ingredients until the ice cream is the right consistency. The time can vary, depending on the ice cream machine.
4. Serve immediately or chill the ice cream in an airtight container in the freezer for an hour or more if a hard ice cream is preferred. Set out for around 5 minutes before serving.

# 🍷🍂 Pumpkin Spice Ice Cream



☺ It doesn't have to be the holiday season to enjoy this fabulous dessert. Once you try it, you will want no other flavor. It even surpasses chocolate, if that's possible. This luscious ice cream is rich, creamy and packed with the perfect amount of spices. It is far better than pumpkin pie itself.

Now you can save a lot of time by using canned pumpkin mix (un-spiced and organic) instead of making the pumpkin from scratch. It really tastes about the same. However, if inspired to use fresh pumpkin, then by all means do so. This fabulous ice cream tastes great by itself but can be served with fresh whipping cream or be fancied up with cinnamon sticks. Enjoy!

# 🍂 Pumpkin Spice Ice Cream

**Preparation Time:** 10 minutes

**Cooking Time:** 15-35 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2 cups whipping cream (may substitute dairy-free whipping cream)  
2 cups half and half (may substitute full fat coconut milk)  
2 to 2½ cups pumpkin (canned, organic), may use fresh pumpkin  
½ cup honey (may substitute maple syrup or agave nectar)  
2 teaspoons vanilla extract  
2 teaspoons cinnamon, ground  
1 teaspoon ginger, ground  
¼ teaspoon cloves, ground  
½ teaspoon allspice, ground  
½ teaspoon nutmeg, ground  
½ cup chopped walnuts (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. In a medium size bowl mix pumpkin, honey, cinnamon, ginger, cloves, allspice and nutmeg. Puree until smooth. Blend in vanilla extract. Place the mixture in an air tight container and refrigerate until very cold, overnight if possible.
2. Before starting, make sure the ice cream base and the bowl are very cold.
3. Prepare the ice cream maker. Read the manufacturer's instructions before starting.

# Y Pumpkin Spice Ice Cream

4. Pour cream and half and half (or dairy substitutes) into the ice cream maker.
5. Add the cold pumpkin mixture and walnuts (optional) when the ice cream is almost done.
6. Churn the ingredients until the ice cream is to your liking. The time can vary, depending on the ice cream machine.
7. Serve immediately or chill the ice cream in an airtight container in the freezer for an hour or more. Set out for around 5 minutes before serving.

## 🍷 Refreshing Musk Melon Ice Cream



🍷 What better way to excite your taste buds than with a bowl of refreshing musk melon ice cream. This uplifting dessert is light, velvety, smooth and easy to make. The musk melon is sugary, pleasantly fragrant and adds a beautiful orange color. Enjoy this wonderful treat with organic chocolate pieces, fresh sprigs of mint, sliced peaches or your favorite crunchy cookie.

# 🍉 Refreshing Musk Melon Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 1 cup half and half (may substitute dairy-free half and half)
- 1½ cup heavy whipping cream (can substitute dairy-free whipping cream)
- 3 cups muskmelon, cubed (may substitute other melons)
- ½ cup honey (may substitute agave nectar)
- 1 teaspoon pure vanilla extract
- 2 teaspoons fresh squeezed lemon juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Remove all seeds from the musk melon. Cut into small cubes and place in a saucepan with enough water for cooking. Add honey, vanilla, lemon juice. Cook until honey is completely dissolved. Stir in vanilla extract. Cool slightly then puree in a food processor or blender until smooth. Optional: May leave a few small chunks if desired. Refrigerate for at least an hour or overnight.
2. Place the ice cream bowl and base in the refrigerator to get cold, 1 hour or overnight.
3. Prepare the ice cream maker. Read the manufacturer's instructions before preparing ice cream
4. Pour half and half and whipping cream into the ice cream maker.
5. When the ice cream is almost done, add the melon mixture.
6. Churn the ingredients until the ice cream is the right consistency. Churning time can vary, depending on the ice cream machine.
7. The ice cream is best served immediately. If you like a hard ice cream is you can chill it in an airtight container and place in the freezer for at least an hour. Set out for around 5 minutes before serving.

# Y Scrumptious Nectarine Ice Cream



☺ A scrumptious ice cream that is more than mouthwatering. This is an amazing recipe that brings a special pleasure to the palate. It is a fabulous ice cream to make when nectarines are in full season and at their sweetest.

This frozen treat is silky, packed with nectarine flavor with a hint of almond. If you are vegan, substitute coconut milk for the whole milk and enjoy a spectacular dessert. Serve soft to boost the fruit taste with a few cookies, slivered almonds and fresh nectarines.

# 🍷 Scrumptious Nectarine Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute coconut milk)  
2½ cups fresh nectarines (pitted, peeled and cubed)  
½ cup honey (may substitute maple syrup or agave nectar)  
2 teaspoons vanilla extract  
2 teaspoons almond extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Core, peel and chop nectarines into small cubes. Place in saucepan with enough water for cooking. Add honey. Cook nectarines until slightly tender and honey is dissolved. Drain excess water. Add vanilla and almond extract. Cool slightly. Puree the ingredients in a blender or food processor until smooth. If fruit chunks are desired, set aside a few nectarine pieces before blending. Refrigerate the mixture for at least an hour or overnight.
2. Before beginning, make sure the ice cream bowl and the base are cold. Prepare the ice cream maker. Read the manufacturer's instructions before making ice cream.
3. Pour the cream and milk (or dairy substitutes) into the ice cream maker.
4. Add the cold nectarine mixture when the ice cream is almost done churning. This stops the fruit from sinking to the bottom of the bowl.
5. Churn the ingredients until the ice cream is the right consistency. Depending on the ice cream machine, the time can vary.
6. Best if served immediately. However, you can chill the ice cream in an airtight container in the freezer. Set out for approximately 5 minutes before serving.

## Simple Black Grape Ice Cream



☺ This ice cream has a beautiful rich purple color and will get raves from everyone. It is a healthy and refreshing dessert that is uplifting any time of year. Called the “queen of the fruits”, grapes are loaded with antioxidants, vitamins and minerals. For a stunning display; serve with cherries, black grapes or sprigs of mint.

# Simple Black Grape Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

1<sup>3</sup>/<sub>4</sub> cups whole milk (can substitute dairy-free milk like soy or almond)  
2 cups heavy cream (may substitute dairy-free half and half)  
4 cups black grape juice  
2 fresh lemons, squeezed  
3/4 cup honey  
1/2 cup seedless black grapes (cut in half)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Wash the grapes; remove them from the cluster, pat dry. Put the grapes in an air tight container and refrigerate until ready to use, preferably overnight.
2. Heat grape juice and add honey and lemon. Cook until honey is dissolved. Refrigerate at least an hour or overnight.
3. Before starting, make sure the ice cream bowl and the base are cold.
4. Prepare the ice cream maker. Read the manufacturer's instructions before beginning.
5. Pour cream and milk (or dairy substitutes) into the ice cream maker.
6. Add the grape juice mixture and fresh grapes when the ice cream is almost done churning.
7. Churn the ingredients until the ice cream is to your liking. Churning time will vary, depending on the ice cream machine.
8. Serve immediately or chill the ice cream in an airtight container in the freezer for at least an hour. Set the ice cream out for approximately 5 minutes before serving.

## Simply Orange Ice Cream



☞ Simply orange ice cream is a favorite any time of year. It has a satiny and smooth texture with a superior orange flavor. It is perfect for festive occasions especially if you use blood oranges giving this dessert an unforgettable color. This tart yet sweet ice cream is guaranteed to delight the palate. Serve with slices or oranges and almond biscotti.

# Simply Orange Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 1/2 cup half and half (may substitute dairy-free half and half)
- 1 1/2 cups heavy whipping cream (can substitute dairy-free whipping cream)
- 1/2 cup fresh squeezed orange juice (use blood oranges for bright color)
- 1/2 cup honey (may substitute agave nectar or maple syrup)
- 1/4 cup orange jam (optional, for stronger orange flavor)
- 1 tablespoon orange zest
- 1 teaspoon pure vanilla extract
- 3 teaspoons fresh lemon juice

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Combine orange juice, lemon juice, lemon zest, orange jam and honey in a medium size saucepan, bring to a slow boil. Cook until honey is dissolved. Refrigerate for at least an hour or overnight.
2. Place the ice cream base and bowl in the refrigerator to get cold.
3. Ready the ice cream maker. Read the manufacturer's instructions before making ice cream
4. Pour whipping cream and half and half into the ice cream maker.
5. Add your orange mixture when the ice cream is close to done, this prevents the whipping cream and half and half from curdling.
6. Churn the ingredients until the ice cream is the desired consistency. Churning time will vary, depending on the ice cream machine.
7. Serve immediately if a soft ice cream is preferred. Chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is desired. Set out for approximately 5 minutes before serving.

# ☞ Summers Day Watermelon Ice Cream



☞ This is an easy homemade ice cream and satisfying enough to beat the hottest days of summer. It is fluffy and light yet creamy and smooth. The dessert's beautiful pale pink color adds a nice touch to any favorite seasonal meal. If you grow watermelon, making this ice cream is a fabulous way to preserve this sweet fruit. Before serving, add fresh sprigs of mint and your favorite cookie or shortbread.

# ☛ Summers Day Watermelon Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 1 cup half and half (may substitute dairy-free half and half or full-fat coconut milk)
- 1½ cups heavy whipping cream (can substitute dairy-free whipping cream)
- 3 cups watermelon (cubed)
- ¼ to ½ cup honey (may substitute agave nectar), to taste
- ¼ cup semi-sweet organic chocolate chips (optional)
- 1 teaspoon pure vanilla extract

## Other Required Items:

- Ice Cream Maker
- Ice
- Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Remove all seeds from the watermelon. Cut into cubes and place in a small saucepan. Make sure there is plenty of liquid for cooking. Add sweetener and cook until honey is dissolved. Mix in vanilla extract. Cool slightly and puree in blender until smooth. Refrigerate for at least an hour or overnight.
2. Place the ice cream bowl and base in the refrigerator to get cold.
3. Ready the ice cream maker. Make sure and read the manufacturer's instructions before making ice cream. Pour half and half and whipping cream into the ice cream maker.
4. When the ice cream is almost done, add the watermelon mixture.
5. Churn the ingredients until the ice cream is the right consistency. Churning time will vary, depending on the ice cream machine.
6. The ice cream is best if served immediately for it has a tendency to ice up the longer it is in the freezer. You can chill the ice cream in an airtight container in the freezer for at least an hour if a hard ice cream is desired. Set out for around 5 minutes before serving.

# ☞ Summertime Honeydew Melon Ice Cream



☞ This is a refreshing and luxurious dessert. Not only is this ice cream colorful but it is packed with sweet goodness. Honeydew ice cream is a great way to take advantage of the abundance of fruit during harvest time. This bright and sweet treat will please even the pickiest of eaters. For a special treat serve it with almond biscotti, crystallized ginger or fresh lime slices.

# ☛ Summertime Honeydew Melon Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

- 1 cup half and half (may substitute dairy-free half and half)
- 1½ cups heavy whipping cream (can substitute dairy-free whipping cream)
- 3 cups honeydew melon, cubed (may substitute cantaloupe)
- ¼ to ½ cup honey (may substitute agave nectar), to taste
- 1 teaspoon pure vanilla extract
- 1 teaspoon freshly grated ginger (optional)
- 2 teaspoons fresh lime or lemon zest finely grated (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Remove all seeds from melon. Cut into cubes and place in a saucepan with enough water for cooking. Add honey, lemon zest (optional) and grated ginger (optional). Cook until honey is dissolved completely. Stir in vanilla extract. Cool slightly then puree in blender or food processor until smooth. Refrigerate for at least an hour or overnight.
2. Place the ice cream base and bowl in the refrigerator to get cold, 1 hour or more.
3. Prepare the ice cream maker. Make sure and read the manufacturer's instructions.
4. Pour whipping cream and half and half and into the ice cream maker.
5. When the ice cream is almost finished, add the melon mixture.
6. Churn the ingredients until the ice cream is done. Churning time can vary, depending on the ice cream machine.
7. The ice cream is best served immediately. If a hard ice cream is preferred, you can chill it in an airtight container in the freezer for at least an hour. Set out for approximately 5 minutes before serving.

# Thirst Quenching Grapefruit Ice Cream



 Tart yet sweet, grapefruit ice cream will quench your thirst on the hottest of days. It has a sweet but tart flavor that tickles your taste buds. It has a surprising flavor that goes well with many desserts.

For added color and sweetness you can use ruby red grapefruit. For a high end restaurant-like flavor add some orange juice or zest. Try serving it with ginger snaps or cake; you will be delighted in the results.

# Thirst Quenching Grapefruit Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups cream (may substitute dairy-free half and half)  
1½ cups whole milk (can substitute dairy-free milk)  
½ cup honey (may substitute agave nectar)  
4 teaspoons fresh orange zest finely grated (optional)  
2/3 cup fresh squeezed grapefruit juice (with pulp)  
1 tablespoon grapefruit zest

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Combine grapefruit juice, orange zest and honey in to a medium size saucepan, bring to a slow boil. Cook until honey is dissolved. Refrigerate the mixture for at least an hour or overnight. Place the ice cream bowl and the base in the refrigerator to get cold.
2. Prepare the ice cream maker. Be sure and read the manufacturer's instructions first.
3. Pour your cream and milk into the ice cream maker.
4. Add your grapefruit mixture when the ice cream is almost done, this prevents the milk from curdling. Churn the ingredients until the ice cream is the perfect consistency. Churning time will vary, depending on the ice cream machine.
5. Serve immediately if a softer ice cream is desired. If you prefer a harder dessert, chill the ice cream in an airtight container in the freezer for at least an hour or overnight. Set out for around 5 minutes before serving.

Note: Keep the pulp in the grapefruit juice. The small morsels of pulp that are caramelized in honey will add passionate bursts of grapefruit flavor and nice crunch to the ice cream.

# 🍷 Tropical Guava Ice Cream



☺️ Guavas have a fabulous tropical taste especially when it comes to adding them to ice cream. The coral-pink deliciousness fruit is colorful, sweet and luscious. For a touch of spiciness you can add star anise and vanilla bean for an extraordinary delicacy. Moreover, this recipe can be adapted to your taste buds and diet, replace the dairy with rich coconut milk and you will be dreaming of sandy beaches.

# Tropical Guava Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups heavy cream (may substitute dairy-free half and half)  
1½ cups whole milk (or substitute full fat coconut milk)  
2½ cups guava (pitted and cut in halves)  
½ to ¾ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lemon juice  
2 star anise pods (optional)  
1 vanilla bean split in half lengthwise (can substitute 2 teaspoons vanilla extract)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Scoop out the guavas pulp then cut into cubes. Puree the fruit in a blender or food processor, add water if needed.
2. Blend slightly until it is somewhat smooth. Press the puree through a sieve. Save the liquid and discard the seeds and pulp.
3. Put guava liquid, honey, and anise pods (optional) into a saucepan.
4. Scrape the vanilla seed into the mixture then add the pod. Bring to a slow boil and simmer on low for 5-10 minutes.
5. Remove the seed pods and add the guava mixture. Chill for at least an hour; best if refrigerated overnight.

# Y Tropical Guava Ice Cream

6. Refrigerate the ice cream base and the bowl until very cold, at least an hour.
7. Prepare the ice cream maker. Make sure and read the manufacturer's instructions first.
8. Pour cream and milk (or dairy substitutes) into the ice cream maker.
9. Add the guava mixture when the ice cream is almost done. This stops the fruit from sinking to the bottom of the bowl.
10. Churn the ingredients until the ice cream is the desired consistency. The time can vary depending on the ice cream machine.
11. Serve immediately or freeze the ice cream in an airtight container for an hour or more if a hard ice cream is preferred. Set out for around 5 minutes before serving.

# 🍷 Tropical Island Lychee Ice Cream



☺ This is the perfect treat when temperatures are soaring. It is a light and refreshing dessert that will keep you cool even on the hottest of days. For the best results use fresh lychees, that is if you are lucky enough to find them.

However, even canned lychees make a wonderful dessert. The fragrant and juicy lychee makes this ice cream rather unique. In fact, the lychee is very different than any other fruit. This recipe keeps it simple so you can enjoy the special taste of the fruit, but you can add lime or lemon for variety.

# Tropical Island Lychee Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2 cups whipping cream (may substitute dairy-free whipping cream)  
2 cups half and half (may substitute dairy-free half and half)  
2 ½ cups lychee (peeled, pitted and cubed)  
Filtered water  
½ to ¾ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lime juice (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare lychees then puree the fruit in a blender or food processor, add water if needed. Blend slightly until it smooth.
2. Put the lychee mixture, honey and lime juice (optional) in a saucepan. Cook on low heat until honey is dissolved. Add water if necessary to prevent sugar crystals from forming. Chill for at least an hour; best if refrigerated overnight.
3. Refrigerate the ice cream bowl and base until very cold, at least an hour.
4. Prepare the ice cream maker. Make sure and read the manufacturer's instructions.
5. Pour cream and half and half (or dairy substitutes) into the ice cream maker.
6. Add the fruit mixture when the ice cream is almost done. This stops the fruit from sinking to the bottom of the bowl.
7. Churn the ingredients until the ice cream is done. The time can vary depending on the ice cream machine.
8. Serve immediately or freeze the ice cream in an airtight container for an hour or more. . Set out for around 5 minutes.

## 🍹 Tropical Sundae Ice Cream with Mango, Pineapple, Coconut and Banana



☺ You are in for a tropical treat with this heavenly ice cream sundae. The mixture of coconut, velvety mango, sweet banana and chunks of pineapple will remind you of the Caribbean.

This exotic treat is ideal for festive occasions and can be altered to fit your tastes. You can top it off with dark chocolate syrup, whipped cream and slivered almonds. And if you are sensitive to dairy, the recipe can be adjusted to fit your needs

# 🍹 Tropical Sundae Ice Cream with Mango, Pineapple, Coconut and Banana

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

1¾ cups heavy cream (may substitute full fat coconut milk)  
1¾ cups full fat coconut milk  
½ cup honey (can substitute agave nectar)  
2-3 teaspoons pure vanilla extract  
¾ to 1 cup mango (cut into cubes)  
½ cup pineapple (cut into cubes)  
½ to 1 cup organic coconut flakes (optional)

### Extras Ingredients

Whipped cream (or dairy-free such as coconut whipped cream)  
Unsweetened coconut, toasted  
Bananas (cut in half)  
Organic chocolate syrup (optional)  
Nuts, chopped or slivered (optional)

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

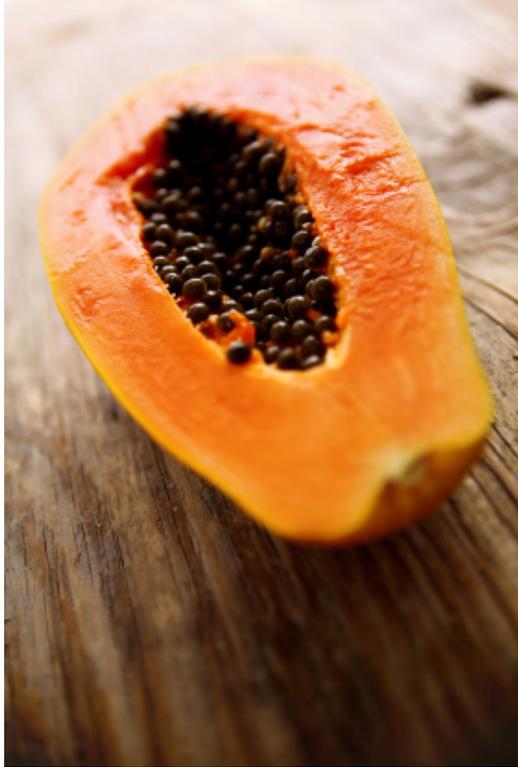
## Instructions:

1. In a saucepan, add the mango and honey with just enough water for cooking. Heat the mixture on very low until the honey dissolves. Stir in vanilla extract.
2. Puree the mango in a food processor or blender until smooth. Refrigerate until cold, at least an hour or overnight. Prepare pineapple, cut into bite sized pieces and place in an airtight container. Refrigerate until cold, preferably overnight.

# 🍹 Tropical Sundae Ice Cream with Mango, Pineapple, Coconut and Banana

3. Refrigerate the ice cream bowl and base at least an hour or until very cold.
4. Ready the ice cream maker. Read the manufacturer's instructions before beginning.
5. Pour the coconut milk and cream into the ice cream maker. Add the mango, pineapple and fresh coconut flakes (optional) when the ice cream is very close to being done. This prevents the pineapple from curdling the milk.
6. Churn the ingredients until the ice cream is the right consistency. Depending on the ice cream machine, churning time can vary.
7. Serve immediately or chill the ice cream in an airtight container in the freezer. Set out for around 5 minutes before serving.
8. To assemble, prepare your bananas by cutting them in half lengthwise. Scoop the fresh ice cream over your banana and add preferred toppings for a beautiful display.

# 🍹 Vacation Isle Papaya Ice Cream



☕ This recipe has unlimited possibilities. You can keep it sweet and simple with a vanilla base coupled with the smooth texture of papaya. Or you can create a divine treat by adding favorite flavors like coconut or fresh squeezed lime.

This is a yummy dessert that is especially creamy and rich. Serve it with anticipated toppings like roasted nuts, banana chunks and mango slices.

# 🍌 Vacation Isle Papaya Ice Cream

**Preparation Time:** 10 minutes

**Churning Time:** 15-35 minutes

## Ingredients:

2½ cups heavy cream (can substitute dairy-free half and half)  
1½ cups whole milk (may substitute full fat coconut milk)  
2½ cups papaya (pitted and cut into cubes)  
½ to ¾ cup honey, to taste (may substitute agave nectar)  
2 teaspoons fresh squeezed lime juice (optional)  
1 teaspoon vanilla extract

## Other Required Items:

Ice Cream Maker  
Ice  
Rock Salt

Note: Not all ice cream makers require ice and rock salt

## Instructions:

1. Prepare papaya, pit and cut into pieces. Puree the fruit in a blender or food processor, add water if needed. Blend until the fruit is very smooth.
2. Place the papaya mixture and honey in a saucepan. Add enough water to prevent the fruit from burning. Cook on low heat until honey is dissolved. Add vanilla extract and lime juice (optional). Chill for at least an hour; best if chilled overnight.
3. Refrigerate the ice cream bowl and base until very cold, at least an hour.
4. Ready the ice cream maker. Make sure and read the manufacturer's instructions first.
5. Pour cream and milk (or dairy substitutes) into the ice cream maker.
6. Add the papaya mixture when the ice cream is almost done. This prevents the fruit from sinking to the bottom of the bowl. Churn the ingredients until the ice cream is done. The time can vary depending on the ice cream machine.
7. Serve immediately for a soft ice cream or freeze the ice cream in an airtight container if a hard ice cream is preferred. Set out for around 5 minutes before serving.