

# PickYourOwn.org

Where you can find a pick-your-own farm near you!

Click on the printer icon that looks like this:  Print (at the top left, to the right of "save a copy") to print!  
See [www.pickyourown.org/allaboutcanning.htm](http://www.pickyourown.org/allaboutcanning.htm) for many other canning directions and recipes

## How to Make Homemade Fat-Free, Sugar-Free Ice Cream - Any Flavor Using a Ice Cream maker with Ice and Salt!



What's better than fresh picked fruit? Perhaps fresh premium fat-free, sugar-free ice cream? So let's take some fresh-picked fruit and make our own homemade fat-free, sugar-free ice cream! It is actually quite easy, and electric ice cream makers are inexpensive! You can make plain vanilla ice cream, strawberry ice cream, peach ice cream, raspberry, blackberry, blueberry, or many other flavors! The only

special equipment you need is an ice cream maker (either electric or manual) that uses salt and ice for cooling. If you have an [ice cream maker that uses a gel container that you pre-freeze, see these instructions instead!](#) If you are looking for an instruction manual for your ice cream maker, we have them, too! [See this page.](#)

### Ingredients and Equipment

- 2 cups fat-free milk
- 1 cup Splenda - OR if your fruit is VERY sweet, you be able to get away with no added sweetener.
- 1/4 cup fat-free powdered milk
- 8 eggs (yolks only needed) \* Note: the yolks DO contain some fat and cholesterol, so there will be some (albeit a small amount) of fat per serving - probably in the 1 % range). I'm experimenting with egg substitutes - watch for a new recipe!
- 1 cup fat-free half-and-half
- 1 teaspoon vanilla extract
- 3 cups of prepared fruit (strawberries, peaches, raspberries, mangoes, or whatever you have! See step 7 for details.
- 1 ice cream maker
- ice cubes (about 8 tray's worth)
- 2 cups (500 ml) table salt
- 1 large pot
- 1 wooden or plastic spatula



## Instructions

### Step 1 - Be sure you have plenty of ice and salt

There's not much point in trying to make ice cream if you need ice for the ice cream maker. For a typical 2-quart ice cream maker, you will need approximately: 2 cups (500 ml) table salt and 8 trays of ice cubes. It is NOT NECESSARY to use rock salt or crushed ice in most units (certainly not the Oster's).

### Step 2 - Heat the milk, Splenda and powdered milk

In a large pot ( 4 quarts or larger) with a heavy bottom (for even heat distribution), mix the fat-free milk, Splenda and powdered, nonfat, dry milk. Bring the mix to a low simmer over medium heat and stir to dissolve the Splenda, then turn the heat down and just keep it warm.



### Step 3 - Separate 8 egg yolks



Separate the egg yolks from 8 large eggs.



### Step 4 - Whip the egg yolks until thickened



Put the egg yolks in a medium bowl and whisk until they are thickened (it only takes about 2 minutes. I use a hand mixer on low speed.



**Step 5 - Slowly add 1 cup of the hot milk mixture to the egg yolks**



While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended (a few seconds).

**Step 6 - Pour the egg yolk mix into the pot of hot milk**



Then pour the egg mixture back into the pot of hot milk and increase heat to medium. Stir the mixture constantly with a wooden or plastic spoon, until the mixture is thickened (like gravy) and registers between 170°F and 180°F (check with an instant-read thermometer, like the ones with a probe).

**Step 7 - Add the light cream and vanilla and refrigerate**



Stir in non-fat half-and-half and vanilla. Cover and pop into the refrigerator for at least 6 hours before continuing on to step 8. Overnight or even 24 to 48 hours is fine.

## Step 8 - Prepare the fruit

Well, what kind of fat-free, sugar-free ice cream do you want? This is the time to decide! You can add almost any fruit you have! If you want vanilla, you already have it, just pop the mix into the maker. If you want chocolate, see this page!



For a fruit flavor, well, some fruit work better than others. You get best flavor if you puree the fruit first in your food processor or blender. So obviously, fruits like strawberries, raspberries, mangoes, figs and peaches are idea for this, while apples, coconuts and pomegranates might not be such a good choice.

To prepare the fruit just prepare it as you would for eating, then blend it in your food processor or blender for a few minutes. Here are some tips:



## Step 9 - Mix the milk/cream mix with the fruit and put the canister in the ice cream maker



About 45 minutes before you want to serve the ice cream, stir the milk/cream mixture together with the pureed fruit. Stir it up well. Remove the freezer canister and pour the milk/cream/fruit mixture from step 8 into the freezer bowl, and put the cover on the canister. Put the canister in the cream maker. Layer ice and salt solution as follows:

- A. Pour 1 cup (250 ml) cold water into Ice Bucket.
- B. Place a 1 inch (2.5 cm) layer of ice cubes around Cream Canister in Ice Bucket. (Hint: Cream Canister should stand straight while layering.)
- C. Sprinkle 1/3 cup (75 ml) table salt or 1/4 cup (50 ml) Kosher (coarse) salt on ice.
- D. Continue layering ice and salt to the top of the Ice Bucket.
- E. Pour 1 cup (250 ml) cold water over top ice layer.

**Step 10 - Add the salt and ice and turn on the ice cream maker!**



Turn the ice cream maker on and let the maker work until it is thickened, about 20 to 25 minutes. From time to time, add more ice cubes and salt as needed.

You can tell when the ice cream is done, by simply checking the consistency through the opening on the top of the ice cream maker. You will also hear the motor straining, as the ice cream

freezes. On some units, the directions with the maker tell you to let it work until the motor stalls and stops.

When it is done, the ice cream should have a soft, creamy texture. If you want firmer, harder ice cream, transfer the ice cream to an airtight container and place it in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.



**Step 11 - Enjoy!**



Hey, once it reaches the consistency you like, it's time to eat! That's it! You made great homemade fat-free, sugar-free ice gourmet cream!