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How to Make Homemade Low Fat, Sugar-free Gourmet Vanilla Ice Cream, Using a Gel-container Ice Cream maker!

What's better than fresh premium vanilla ice cream? But you want to be healthy and cut down fat and calories? Or you have diabetes and need to cut back on sugar? No problem! Let's make our own homemade Low Fat, sugar-free vanilla ice cream! It is actually quite easy, and better tasting and less expensive than store bought. If you have an ice cream maker that requires ice and salt instead of the freezer bowl, [see these instructions instead!](#)



If you are looking for an instruction manual for your ice cream maker, we have them, too! [See this page.](#)

Directions for Making Homemade Low Fat*, Sugar-free Premium Vanilla Ice Cream

Ingredients

- 2 cups nonfat milk
- 1 cup Stevia (in a prepared form like Truvia, it measures same as sugar; if you use another form, you'll need do your own conversion) - or Splenda, if you prefer, - 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 3 to 5% range). I'm experimenting with egg substitutes - watch for a new recipe!

<http://www.pickyourown.org/icecreamlowfatsugarlessvanilla.htm>

- 1 cup fat-free half-and-half (which DOES contain "corn syrup", which is a form of sugar, so you may want to use 1 more cup of light cream, (or nonfat milk instead - it works almost as well))
- 1 teaspoon vanilla extract

Equipment

- 1 ice cream maker with a freezer gel canister
- 1 large pot
- 1 wooden or plastic spatula

Instructions

Step 1 - Pre-Freeze your ice cream maker's gel container

Before you even think about making ice cream, you better Get the gel container in the deep freeze and start it freezing up. Models vary, but generally the recommend the length of time needed to freeze the unit is between 6 hours and 22 hours. It depends on how cold your freezer is. If you have the room, just leave your freezer bowl in the freezer at all times. That way, you can take it out any time for immediate use.

To determine whether the bowl is completely frozen, just shake it. If you don't hear liquid moving, it's frozen! Before freezing the bowl, wash and dry the bowl, then place the freezer bowl in the back of your freezer where it is coldest. (Note: Your freezer should be set to 0°F for most foods, including ice cream!)



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Step 2 - Heat the milk, Stevia or 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, Stevia (in a prepared form like Truvia, it measures same as sugar; if you use another form, you'll need do your own conversion) - or Splenda, if you prefer, and powdered nonfat dry milk. Bring the mix to a low simmer over medium heat and stir to dissolve the Stevia (in a prepared form like Truvia, it measures same as sugar; if you use another form, you'll need do your own conversion) - or Splenda, if you prefer, , then turn the heat down and just keep it warm.



Step 3 - Separate 8 egg yolks

Separate the egg yolks from 8 large eggs. Just crack the eggs against the edge of the bowl and either pour them from one half of the shell to the other, or use your fingers to let the whites drop through while holding the yolk.



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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 170F and 180F (check with an instant-read thermometer, like the ones with a probe or a candy thermometer).



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Step 7 - Add the light cream (or half and half), vanilla and refrigerate

Stir in whipping cream (or light cream or 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.

Intermission - while the mix (called a custard) chills

Take a break while it chills. Best to let it go overnight, but 3 - 4 hours will do.

Step 8 - Fire up the ice cream maker!

Turn the ice cream maker on and let the maker work until it is thickened, about 20 to 25 minutes.

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 9 - Enjoy!

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

