

Choco Fever Dream

Homemade Vanilla Ice Cream – No-Cook Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] ½ cup granulated sugar
- [ ] 1 vanilla bean (or 2 tsp pure vanilla extract)
- [ ] A pinch of kosher salt

Optional Mix-ins

- [ ] ½ cup fresh berries
- [ ] ¼ cup chocolate chips
- [ ] ¼ cup toasted nuts

Instructions

1. Place a metal mixing bowl and whisk in the freezer for about 10 minutes; this keeps the cream cold while you work.
2. In the chilled bowl, whisk together the heavy cream, whole milk, sugar, salt, and the scraped vanilla seeds until the sugar dissolves and the mixture looks slightly thick.
3. Transfer the mixture to a shallow pan, cover, and set in the freezer. Every 20-30 minutes, pull it out and stir vigorously with a spatula, breaking up any ice crystals.
4. After about 45 minutes, when the texture resembles soft-serve, fold in any optional mix-ins like berries or chocolate chips.
5. Cover tightly and freeze for another 10-15 minutes until firm enough to scoop. Let sit a couple of minutes at room temperature before serving.

Nutrition per serving

250 kcal	3 g	15 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too icy, stir a bit longer next time.
- For extra vanilla punch, split the vanilla bean and soak the seeds in the milk before mixing.
- You can double the recipe for a larger batch; just ensure the bowl is big enough for stirring.