

Choco Fever Dream

# Sweet Cream Ice Cream Recipe

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|---|---|---|
| **15 min**<br>Prep time | **10 min**<br>Cook time | **25 min**<br>Total time |
| **4**<br>Servings | **Medium**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 1 tsp vanilla extract
- [ ] A pinch of salt

### Optional Add-ins

- [ ] 1/2 cup fresh berries
- [ ] 1/4 cup chocolate chips
- [ ] 2 tbsp chopped toasted nuts

## Instructions

1. In a saucepan, combine heavy cream, whole milk, sugar, and salt; heat over low, stirring until the sugar fully dissolves.
2. Remove from heat, stir in vanilla extract, and let the mixture cool to room temperature.
3. Cover the bowl with plastic wrap and refrigerate for at least 2 hours, or overnight for deeper flavor.
4. Pour the chilled mixture into a shallow metal pan; place in the freezer.
5. After 30 minutes, stir vigorously with a spatula to break up forming ice crystals; repeat this every 30 minutes for the next 2 hours.
6. When the ice cream is thick but still soft, fold in any optional add-ins, then freeze until firm, about 1 more hour.

### Nutrition per serving

| 250 kcal | 3 g | 20 g | 18 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- For extra smoothness, strain the mixture through a fine mesh before chilling.
- If the ice cream feels too hard, let it sit at room temperature for 5-10 minutes before serving.
- A drizzle of honey or caramel adds a delightful finish.