Vanilla Ice Cream

Ingredients

500ml of chilled whipping cream made using Prozero milk (See recipe in cream recipes section)

90g of caster sugar

1-2 teaspoons of vanilla essence or extract

A few drops of yellow food colouring

Method

1. Pour the chilled Prozero whipping cream into a large bowl and whisk until light and airy.
2. Add the sugar and vanilla essence and stir well.
3. Stir in a few drops of yellow food colouring for a richer colour (optional).
4. Taste and add more sugar to sweeten if desirable.
5. Pour the mixture into a large plastic freezer proof container and place in the freezer.
6. Leave for about an hour, or until it is quite firm and beginning to go solid around the edges.
7. Remove from the freezer.
8. Using a fork or wire whisk quickly beat the ice cream to break up the ice crystals.
9. Place the ice cream back in the freezer to refreeze for at least 3 hours.

Taken from Quick 'n' Easy recipe Prozero Booklet by Vitaflo