

The Recipe for Very Berry Ice Cream

You will need an ice cream and food processor or mixer to make this recipe. This recipe makes about 8 servings.

I used my Vitamix to puree the berries and prepare the ingredients. This is a rich, creamy dessert that will stick to your gum. Although the original recipe calls for two cups of cream, I reduced it to one cup of half and half and one cup whipping cream. For the milk I used what I had in the fridge which was 2% milk. If you decide to make this ice cream, you can use all cream and different fruits, or just one type of fruit. This ice cream is not as sweet as commercial ones, and I like it that way. If you like it sweeter, increase the amount of sugar. The possibilities are endless.

Ingredients:

$\frac{2}{3}$ cup fresh blackberries
 $\frac{2}{3}$ cup fresh blueberries
 $\frac{2}{3}$ cup fresh raspberries
 $\frac{1}{3}$ cup sugar
1 tsp lemon zest
1 tsp vanilla
1 cup cream
1 cup half and half
 $\frac{1}{2}$ cup milk (I used 2%)

Directions:

Purée the berries, sugar, and lemon zest in a mixer or food processor. Let it stand or 10 minutes.

Strain the mixture through a fine-mesh sieve to remove all the seeds. Put the purée back into the mixer or food processor. Add the rest of the ingredients and purée until is mixed well.

Pour the mixture into an ice cream maker and freeze according to the manufacture's directions. My old cranky ice cream maker needed 25 minutes.

Transfer the ice cream to an airtight container and freeze until firm. Take the ice cream out of the freezer and let it sit for a few minutes to soften before serving.

Guten Appetit!

Recipe from *Allrecipes Magazine*

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