Vanilla Ice Cream

MKD recipe

6.3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Freezing time:** as per manufacturer's instructions.
- **Recipe makes** 7 x 88g portions*

Recipe provides **approximately**:

Nutritional content	Quantity				Your recipe/ MKD exchanges
	1 portion		7 portions		
Fat	24.3g	17.9g LCT	170.3g	125.3g LCT	
		6.4g MCT		45g MCT	
Protein	2.1g		14.6g		
Carbohydrate	1.7g		12.2g		
Energy (calories)	234kcal		1639kcal		

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*image represents 1 portion

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Ingredients	Quantity	Your recipe
K·Quik	225g	
Double cream e.g. Morrisons/ Tesco	200g	
Water	175g	
Vanilla essence	1 tablespoon	
Liquid sweetener e.g. Hermesetas	2 teaspoons	
Egg yolks	70g	
Cornflour	7g	

Method:

1. Place **K·Quik**, cream, water, vanilla essence and sweetener into a saucepan over a low heat. Stir frequently for approximately 5 minutes until heated through (do not boil).
2. Add egg yolks and cornflour to a bowl and whisk until mixture is smooth.
3. Pour heated **K·Quik** mixture into this bowl, whisking continuously until a smooth, pale yellow mixture has formed.
4. Pour mixture into a clean saucepan. Over a low heat, whisk continuously for 4-5 minutes until thickened (do not boil).
5. Once mixture has cooled, pour into an ice cream maker and follow manufacturer's instructions.
6. Transfer to a freezer-safe container, cover and place in the freezer.

Top Tip
- Mixture can also be served as custard by simply following the recipe to step 4.

Serving Suggestions

Always check with your dietitian what is suitable for you

- Sugar free Da Vinci syrups are good dessert sauces!
- You can replace the vanilla essence with alternative flavours such as almond, mint, rhubarb and caramel flavouring (e.g. Foodie flavours natural flavouring - Lakeland)
- Colour the ice cream by adding a few drops of suitable food colouring before adding to the ice cream maker