



Lemon Ice Cream

Serves eight

400 grams (14 oz.) of very cold evaporated milk
397 grams (13.5 oz.) of very cold sweetened condensed milk
3/4 cup freshly squeezed lemon juice
1 tsp. lemon zest

Make sure the evaporated and the sweetened condensed milk are in the freezer for about 90 minutes before you start this. It is okay for the milk to be partially frozen.

Pour the evaporated milk into a large bowl and beat until doubled in volume.

Slowly add the condensed milk and continue beating. Follow with the lemon juice.

Add the lemon zest and mix in.

Place the lemon cream in a wax paper lined bowl. Cover the bowl with an extra piece of wax paper placing it directly on to the cream. Freeze for a minimum of 6 hours or up to overnight.

Serve with fresh fruit if you like.

NOTE: This cream is delicious without freezing as well. We love to serve it with fruit salad or any chopped fruit that is in season.

CALORIES 237.40; FAT 8.84 g (sat 5.43; Mono 2.60; poly 0.27); PROTEIN 7.70 g; FIBER 0.09 g; CARBS 34.18 g; CHOLESTEROL 44.19 mg; IRON 0.22 mg; Sodium 122.71 mg; CALCIUM 276.12 mg