

Foodnity Recipes

Strawberry Ice Cream – Creamy Sweet Treat

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 pounds fresh strawberries, hulled
- [ ] 2 cups whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp fresh lemon juice
- [ ] Pinch of salt

Optional Swirl

- [ ] 2 tbsp strawberry jam
- [ ] 1 tsp orange zest

Instructions

1. Wash and hull the strawberries, then blend them in a food processor until smooth.
2. In a saucepan, combine the strawberry purée, milk, sugar, vanilla, lemon juice, and salt; warm gently just until the sugar dissolves, do not boil.
3. Cool the mixture in the fridge for about an hour, then pour into a shallow metal pan.
4. Place the pan in the freezer; after 30 minutes, stir vigorously with a fork or whisk to break up ice crystals. Repeat every 30 minutes for 3-4 hours until creamy.
5. If using the optional swirl, gently fold in strawberry jam and orange zest during the last stir.
6. Transfer the ice cream to a lidded container, smooth the top, and freeze until firm, about 1 hour before serving.

Nutrition per serving

210 kcal	3 g	38 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure strawberries are fully ripe for maximum flavor.
- Stirring frequently prevents large ice crystals, keeping the texture smooth.
- If the ice cream becomes too hard, let it sit at room temperature for a few minutes before scooping.