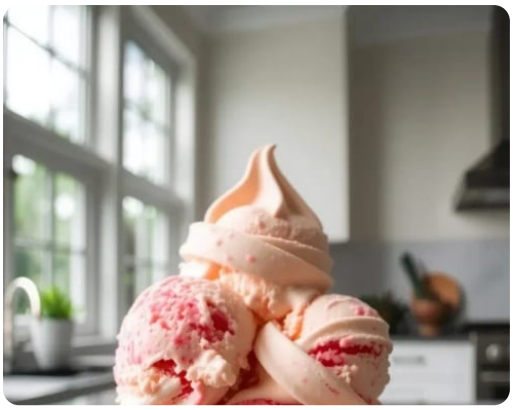


Foodnity Recipes

Tropical Guava Ice Cream Recipe

20 min	20 min	4
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups ripe guava puree (about 6 guavas)
- [ ] 1 cup heavy cream
- [ ] 1 cup whole milk
- [ ] ½ cup granulated sugar
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp pure vanilla extract

Optional Swirl

- [ ] ¼ cup guava jam
- [ ] 1 tsp lime zest

Instructions

1. Peel, core, and blend the guavas until completely smooth; strain if you prefer a silkier texture.
2. In a bowl, whisk together sugar, lemon juice, and vanilla; then stir in the guava puree.
3. Add cold heavy cream and milk to the puree mixture; whisk until fully incorporated.
4. Pour the blend into a shallow metal pan, freeze for 45 minutes, then stir vigorously with a spatula. Repeat this every 30 minutes for the next 2 hours.
5. When the mixture is thick but still pliable, fold in optional guava jam swirls, then smooth the top and freeze until firm, about 1-2 hours more.

Nutrition per serving

210 kcal	3 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture looks grainy, keep stirring during the freezing intervals; this creates a smoother texture.
- For extra fragrance, add a few torn basil leaves while whisking, then discard before freezing.
- Serve in chilled bowls to keep the ice cream soft for longer.