

Ideal[®] Vanilla Bean Ice Cream — Servings: 1 qt/8-4oz portions

Ingredients

- 2 c half & half cream
- 1 c heavy whipping cream
- 1 c Ideal[®] No Calorie Sweetener
- 1 vanilla bean, split lengthwise and seeds scraped



Directions

1. Combine all ingredients (including the bean and its pulp) in a large saucepan and place over medium heat; attach a thermometer (candy or frying) to inside of pan
2. Stirring occasionally, bring mixture to 170° F; remove from heat and allow to cool slightly
3. Remove the bean and pulp and discard; pour remaining mixture into lidded container and refrigerate overnight to allow flavors to mature
4. Freeze mixture in ice cream freezer according to units instructions; mixture will not freeze hard in machine
5. Once the volume has increased by $\frac{1}{2}$ to $\frac{3}{4}$ times its original volume, and reached a soft consistency, spoon mixture back into lidded container and harden in freezer for at least an hr before serving

Tips: If not using a thermometer, bring mixture just barely to a simmer, and as soon as you see a bubble hit the surface, remove it from heat. DO NOT LET IT BOIL. You can add your favorite cookie, candy or flavoring for different varieties. Top with Ideal[®] whipped topping.

Per Serving: 210 Calories; 2 g Protein; 18 g Total Fat; 9 g Carbohydrates; 0 g Fiber; 0 g Sugar; 35 mg Sodium; 65 mg Cholesterol