

Ice Cream

Our Test Kitchen couldn't get enough of this ridiculously low-calorie concoction, which is why we proceeded to try out every flavor imaginable

Lightened Vanilla Bean Ice Cream

MAKES: about 1 qt. **HANDS-ON TIME:** 20 min. **TOTAL TIME:** 9 hr., 20 min., not including freezing

1/2 cup granular sweetener for ice cream*

2 Tbsp. cornstarch

1/8 tsp. salt

2 cups 2% reduced-fat milk

1 cup half-and-half

1 egg yolk

1/2 tsp. vanilla bean paste or extract

1. Whisk together first 3 ingredients in a large heavy saucepan. Gradually whisk in milk and half-and-half. Cook over medium heat, stirring constantly, 8 to 10 minutes or until mixture thickens slightly. Remove from heat.

2. Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk. Add yolk mixture to remaining cream mixture, whisking constantly. Whisk in vanilla.

3. Pour mixture through a fine wire-mesh strainer into a bowl, discarding solids. Cool 1 hour, stirring occasionally. Place plastic wrap directly on cream mixture; chill 8 to 24 hours.

4. Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. Let stand at room temperature 5 to 10 minutes before serving.

*Granulated sugar may be substituted.

NOTE: We tested with Whey Low 100% All Natural Granular Sweetener for Ice Cream. Get 20% off any time you order from wheylo.com.

Coupon code: SouthernLv

PER 1/2 CUP: CALORIES 92; FAT 5G (SAT 3G, MONO 2G, POLY 0G); PROTEIN 3G; CARB 18G; FIBER 0G; CHOL 42MG; IRON 0MG; SODIUM 76MG; CALC 106MG

TRY THESE TWISTS!

Cherry-Bourbon Ice Cream:

Stir in 1/2 cup drained and coarsely chopped canned, pitted cherries in heavy syrup and 3 Tbsp. bourbon halfway through freezing.

PER 1/2 CUP: CALORIES 110; FAT 5G (SAT 3G, MONO 2G, POLY 0G); PROTEIN 3G; CARB 20G; FIBER 0G; CHOL 42MG; IRON 0MG; SODIUM 76MG; CALC 108MG

Coffee-Chocolate Ice Cream:

Substitute 2 Tbsp. instant espresso for 1 1/2 tsp. vanilla bean paste. Stir in 1/4 cup shaved semisweet chocolate baking bar halfway through freezing.

PER 1/2 CUP: CALORIES 103; FAT 6G (SAT 4G, MONO 2G, POLY 0G); PROTEIN 4G; CARB 21G; FIBER 0G; CHOL 42MG; IRON 0MG; SODIUM 76MG; CALC 107MG

Key Lime Pie Ice Cream:

Omit vanilla bean paste. Stir in 1 tsp. Key lime zest, 1/3 cup Key lime juice, and 1/2 cup coarsely crushed graham crackers halfway through freezing.

PER 1/2 CUP: CALORIES 104; FAT 6G (SAT 3G, MONO 2G, POLY 0G); PROTEIN 4G; CARB 21G; FIBER 0G; CHOL 42MG; IRON 0MG; SODIUM 102MG; CALC 106MG

Banana Pudding Ice Cream:

Preheat oven to 400°. Peel 3 medium-size ripe bananas, and cut into 1/2-inch slices. Place in a 2-qt. baking dish, and sprinkle with 2 Tbsp. light brown sugar and 1 Tbsp. butter, cut up. Bake 20 minutes, stirring halfway through. Let cool 30 minutes. Gently mash into chunks. Prepare ice cream as directed, stirring in bananas and 1/2 cup coarsely crushed vanilla wafers halfway through freezing. **SL**

PER 1/2 CUP: CALORIES 172; FAT 7G (SAT 4G, MONO 2G, POLY 0G); PROTEIN 4G; CARB 36G; FIBER 1G; CHOL 47MG; IRON 0MG; SODIUM 100MG; CALC 112MG

