

Helergon Kitchen

Homemade Strawberry Ice Cream

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

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

Instructions

1. In a bowl, combine strawberries, sugar, lemon juice, and a pinch of salt; let them macerate for about 10 minutes while the scent fills the kitchen.
2. Blend the strawberry mixture until smooth, then stir in vanilla, milk, and heavy cream; the mixture should look glossy and inviting.
3. Pour the purée into your ice-cream maker and churn for 12-15 minutes, or follow a no-churn method by freezing and stirring as described.
4. Transfer the soft-serve ice cream to a shallow container, smooth the top, and freeze for at least 4 hours. mini cheesecakes make a lovely accompaniment.
5. When ready to serve, let the ice cream sit at room temperature for a few minutes, scoop, and enjoy. Pair it with a dollop of frozen yogurt for extra crunch.

Nutrition per serving

210 kcal	3 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick before churning, add a splash of milk.
- For a deeper flavor, swirl in a handful of chopped fresh strawberries after churning.
- A tiny drizzle of honey can add a subtle floral note.