Gluten Free Old Fashion Ice Cream

Servings: 6   Prep time: 1.5 hrs   Cook time: 30 min

INGREDIENTS

OLD FASHION ICE CREAM

1 batch of COLD homemade sweetened condensed milk or two cans of sweetened condensed milk

1 can of COLD coconut milk

1 can of COLD goat milk

2-3 cups of frozen fruit

1/4 teaspoon of salt

4 tablespoons of lemon juice

HOMEMADE SWEETENED CONDENSED MILK

1 can of coconut milk

2 cups of non-dairy milk (sweetened vanilla almond milk)

1 1/2 cups of sugar

1 teaspoon of vanilla extract

1/4 cup of non-dairy milk

2 tablespoons of Benefiber (optional-improves blood sugar)

2 tablespoons of cornstarch

1 tablespoon of all-purpose gluten free flour or coconut flour

DIRECTIONS

Freeze and Chill

- First, put your ice cream metal container in the freezer at least 2 or more hours before you make your ice cream or the day before.
- Chill whatever milk you choose to use either in the refrigerator. If short on time, put them in the freezer for about an hour. (canned coconut and goat milk, homemade or store-bought sweetened condensed milk)

Homemade Sweetened Condensed Milk

- In a large pot add 2 cups of non-dairy milk, 1 can of coconut milk, 1 1/2 cups of sugar, and 1 teaspoon of vanilla extract.
- Bring the pot to a boil over medium heat.
- Once the mixture begins to boil, immediately turn the heat down to low.
- While the milk simmers, stir intermittently. As the milk cooks down and thickens, you will see the milk mixture look less foamy. It will also begin to stick to the stirring utensil and the sides of the pot.

Recipe by: Cheri Moore

Gluten Free Old Fashion Ice Cream

Servings: 6   Prep time: 1.5 hrs   Cook time: 30 min

DIRECTIONS

- *If using fresh fruit, I prepare fruit for freezing while intermittently stirring condensed milk. I place my cutting board right beside the stove making it only take a few seconds to stir. See tips below for preparing blackberries and blueberries.
- After the milk simmers for about an hour, mix together the following ingredients in a separate cup: 1/4 cup of dairy-free milk, 2 tablespoons of benefiber, 2 tablespoons of cornstarch, 1 tablespoon of all-purpose gluten free flour or coconut flour.
- Mix.
- Add the new mixture to the pot of hot sweetened condensed milk and stir constantly for about 5 minutes.
- After 5 minutes, remove the pan from heat.
- Then, stir for a minute. After that, stir every few minutes until the sweetened condensed milk is completely cool. Why? Stirring stops the build-up of condensation during the cool-down phase keeping the sweetened condensed milk thicker.
- Lastly, pour the sweetened condensed milk into an airtight container and chill it in the refrigerator overnight or in the freezer for an hour.

Pick and Prepare the Fruit

- While the sweetened condensed milk is cooking on the stove, prepare your fruit for freezing. Cut up 2 cups of fresh fruit and freeze. Or, simply use frozen store-bought fruit. If your fruit is big and chunky like whole strawberries, measure out an additional cup.

How to Make Old Fashion Ice Cream

- In a blender add: 1 can of COLD coconut milk and 1 can of COLD goat milk.
- Blend on medium-high speed or liquefy until the solid portion of the coconut milk is fully incorporated.
- Next, you are going to add your frozen fruit. If there is not enough space in your blender, pour half of the milk mixture into your homemade sweetened condensed milk, and then add your fruit.
- Once you add the frozen fruit, blend on medium-high speed or liquefy again until there are no more large chunks of fruit.
- Next, remove your ice cream maker's metal churning container from the freezer.
- Now, pour cold sweetened condensed milk and creamy fruit milk mixture into the frozen metal churning container.
- Lastly, add 1/4 teaspoon of salt and 4 tablespoons of lemon juice and stir.
- Once you are done stirring, put the top on and begin churning following your ice cream maker's instructions.
- Serve immediately with your desired toppings to enjoy a soft serve ice cream or freeze for later to enjoy a firmer scoop.