

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Frozen Yogurt-Sorbet & Ice Cream Maker

ICE-30 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury, including the following:

1. READ ALL INSTRUCTIONS BEFORE USING.
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquid.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
4. Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away during operation to reduce the risk of injury and/or damage to the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not remove lid while unit is operating. Doing so could damage the lid.
11. Keep hands and utensils out of freezer bowl while in use to reduce the risk of injury to persons or to the appliance itself. **DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWL!** Sharp objects will scratch and damage the inside of the freezer bowl.

A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.

12. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
13. Do not use the freezer bowl on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.
14. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage always unplug the unit from the electrical outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised in their use.

If a long, polarized extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or animals, or tripped over.

CAUTION

This appliance is for household use. Any servicing other than cleaning and user maintenance should be performed by an authorized service representative.

- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. Note: the base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the name plate agrees with your voltage.
- Never clean with scouring powders or hard implements.

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FEATURES AND BENEFITS

1. Ingredient Spout

Pour recipe ingredients through the spout. Also use to add ingredients, like chips or nuts, without interrupting the freezing cycle.

2. Easy-lock Lid

Transparent to let you watch the freezing process as it progresses. Lid is designed to easily lock to the base.

3. Mixing Arm

Mixes and aerates ingredients in freezer bowl to create frozen dessert or drink.

4. Freezer Bowl

Contains cooling liquid within a double insulated wall to create fast and even freezing. Double wall keeps the bowl cool and at an even temperature.

5. Base

Contains heavy-duty motor strong enough to handle ice cream, frozen yogurt, sherbet, sorbet, and frozen drinks.

6. On/Off Dial

7. Rubber Feet (not shown)

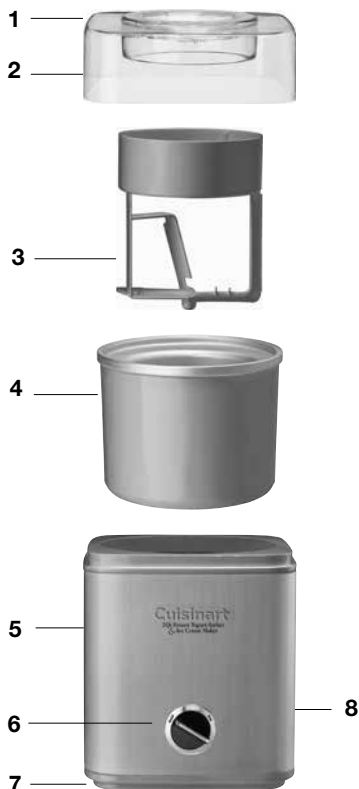
Nonslip feet keep base stationary during use.

8. Cord Storage (not shown)

Unused cord is easily pushed into the base to keep counters neat and safe.

9. BPA-Free (not shown)

All materials that come in contact with food are BPA-free.



BEFORE USING FOR THE FIRST TIME

DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lid, freezer bowl and mixing arm in warm soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

FREEZING TIME AND BOWL PREPARATION

The freezer bowl must be completely frozen before you begin your recipe. The length of time needed to reach the frozen state depends on how cold your freezer is. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. You can take it out any time for immediate use. In general, freezing time is 24 hours. To determine whether the bowl is completely frozen, shake it. If you do not hear liquid moving, the cooling liquid is frozen. Before freezing, wash and dry the bowl. Wrap it in a plastic bag to prevent freezer burn. We recommend that you place the freezer bowl in the back of your freezer where it is coldest.

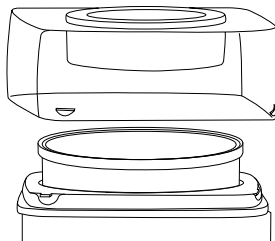
Reminder: Your freezer should be set to 0°F to ensure proper freezing of all foods.

MAKING FROZEN DESSERTS OR DRINKS

1. Use Cuisinart's recipes from the pages that follow, or use your own recipe, making sure it yields 2 quarts or less. Do not fill the freezer bowl higher than 1/2" from the top. The ingredients will increase in volume during the freezing process. For best results, prepare ingredients in a container from which it is easy to pour.
2. Remove the freezer bowl from the freezer. (Remove plastic bag if you have wrapped freezer bowl.) Place freezer bowl on the center of the base.

NOTE: Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.

3. Place mixing arm in freezer bowl. Arm does not fit tightly. It just rests in the center of the bowl, with the circle side facing up.
4. Place lid on base. Easy-lock lid mechanism allows lid to rest on base in multiple positions (see diagram).
5. Turn the On/Off switch to ON position. Freezer bowl will begin to turn. DO NOT remove lid while the unit is on; doing so could damage the lid.



6. Immediately pour ingredients through ingredient spout.
7. Frozen desserts or drinks will be done in 25–35 minutes. The time will depend on the recipe and volume of the dessert or drink you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert or drink to an airtight container and store in the freezer for two or more hours.

NOTE: Do not store frozen desserts or drinks in the freezer bowl. Desserts and drinks will stick to the side of the freezer bowl and may damage the bowl. Store only in a plastic airtight container.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

SAFETY FEATURE

The Cuisinart® Pure Indulgence® Frozen Yogurt Sorbet & Ice Cream Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert or drink is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, turn the ON/OFF switch to the OFF position. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert or drink.

CLEANING, STORAGE AND MAINTENANCE

Cleaning

Clean the freezer bowl, mixing arm and lid in warm soapy water. DO NOT PUT FREEZER BOWL IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANSERS OR IMPLEMENTS. Wipe motor base clean with damp cloth. Dry all parts thoroughly.

Storage

DO NOT put freezer bowl in freezer if bowl is wet. DO NOT store lid, mixing arm, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Before freezing, wrap the bowl in a plastic bag to prevent freezer burn. Do not store frozen desserts or drinks in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts or drinks to an airtight container for longer storage in the freezer.

Maintenance

Any other servicing should be performed by an authorized service representative.

WARRANTY

Limited Three-Year Warranty (U.S. and Canada only)

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® Frozen Yogurt-Sorbet & Ice Cream Maker that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Frozen Yogurt-Sorbet & Ice Cream Maker will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, <https://cuisinart.registria.com> for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent

repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Frozen Yogurt-Sorbet & Ice Cream Maker should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, please visit us at <https://www.cuisinart.com/customer-care/product-assistance/product-inquiry>. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® Frozen Yogurt-Sorbet & Ice Cream Maker has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen drinks and desserts. You may create or use recipes of your own, as long as they yield no more than 2 quarts.

Recipe Tips

- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath, until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower-fat creams (e.g. half-and-half) and milk (reduced fat or lowfat) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower-fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for two cups of cream, use a total of two cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- In recipes that use alcohol, add the alcohol during the last two minutes of the freezing process. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use.
- Make sure mixing arm and lid are in place before turning on machine.

Mix-Ins for Ice Cream

Turn any of the “plain” flavors of ice cream into something fun by adding up to 1 cup of any of the following (or a mixture of 2 or more totaling 1 cup): chopped cookies, favorite candy bars, brownies, leftover cake, marshmallows, chocolate morsels, peanut butter morsels, butterscotch morsels, toasted nuts, etc. Ingredients should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

ICE CREAM SERVING SUGGESTIONS

Ice Cream Terrine

You can make an ice cream terrine or loaf as a special way to serve your homemade ice cream, gelato, frozen yogurt, or sorbet. Simply line an 8-cup (9 x 5 x 3-inch) loaf pan with a large sheet of plastic wrap. Spoon frozen mixture into prepared pan, cover completely and freeze for at least 2 hours. If desired, frozen mixture can be layered with thin cookies or layers of cake about ¼- to ½- inch thick. Remove from freezer and place in refrigerator for 20 to 30 minutes before serving to facilitate slicing. Slice with a sharp knife that has been dipped in hot water, then dried.

Ice Cream Pies

You can easily make an ice cream pie using any flavor of ice cream, frozen yogurt, or even sorbet. Begin with a cooled crust – traditional pastry or crumb (it can be placed in the freezer while you are mixing your filling). You can fill the crust directly or add a layer of syrup, chocolate (you can sprinkle the hot crust with chopped chocolate or chocolate chips – they will then melt and form a layer of chocolate candy) or nuts. Spoon your frozen mixture directly from the ice cream maker into the chilled crust. Freeze for 1 hour until the top is firm, then cover and freeze until needed. Remove from the freezer and place in the refrigerator 30 minutes before serving so that it will become soft enough to slice but will still hold its shape. Serve plain, or with additional toppings such as fresh fruit, fruit syrup, chocolate or caramel sauce, nuts, cherries, etc. Top with freshly whipped cream.

Ice Cream Sodas

Ice cream sodas are made with a flavoring syrup, soda, and a scoop of your favorite ice cream, frozen yogurt or sorbet. Place 2 tablespoons syrup in the bottom of a large glass. Add chilled soda or seltzer to within 2 inches of the rim of the glass.

Top with 1 large scoop of very firm ice cream, frozen yogurt or sorbet – trying to get the scoop to straddle the rim of the glass but also be partly submerged in the soda. If the ice cream is too deep into the soda it will cause it to overflow, and if it doesn't touch, it is not an ice cream soda. The ice cream soda can be topped off with a squirt of whipped cream. The possibilities are endless. You can do a traditional soda such as a Black-and-White (chocolate syrup, seltzer, vanilla ice cream) or use ginger ale with a scoop of fruit-flavored sorbet – or a more exotic combination.

Medleys or Parfaits

Choose flavors and colors that complement each other, and layer in parfaits or arrange on plates using small scoops. For instance, a bowl of small scoops of Red Raspberry Gelato, Blueberry Cassis Gelato, Mango Gelato, and Green Tea Gelato will make a dramatic presentation. Or try a medley of jewel-toned sorbets, such as Pink Grapefruit, Blueberry, and Sweet Dark Cherry.

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BASIC ICE CREAMS

Simple Vanilla Ice Cream

Makes about fourteen ½-cup servings

- 1½ cups whole milk
- 1⅞ cups granulated sugar
- 3 cups heavy cream
- 1½ tablespoons pure vanilla extract

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:
Calories 255 (68% from fat) • carb. 19g • pro. 2g • fat 20g
• sat. fat 12g • chol. 73mg • sod. 32mg
• calc. 64mg • fiber 0g

Fresh Strawberry Ice Cream

Makes about fourteen ½-cup servings

- 3 cups fresh ripe strawberries, stemmed and sliced
- 4 tablespoons freshly squeezed lemon juice
- 1½ cups sugar, divided
- 1½ cups whole milk
- 2¾ cups heavy cream
- 1½ teaspoons pure vanilla extract

In a small bowl, combine the strawberries with the lemon juice and ½ cup of the sugar. Stir gently and allow the strawberries to macerate in the juices for 2 hours. Strain the berries, reserving juices. Mash or purée half the berries.

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and remaining granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, reserved strawberry juice, mashed strawberries, and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved sliced strawberries and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Note: This ice cream will have a “natural” appearance of very pale pink. If a deeper pink is desired, add red food coloring sparingly by drops until desired color is achieved.

Nutritional information per serving:
Calories 275 (58% from fat) • carb. 28g • pro. 2g • fat 18g
• sat. fat 11g • chol. 67mg • sod. 29mg
• calc. 64mg • fiber 1g

For Fresh Peach Ice Cream: Substitute 3 cups sliced fresh peaches for the strawberries.

Simple Chocolate Ice Cream

Makes about fourteen ½-cup servings

- 1 cup unsweetened cocoa powder (Dutch process preferred)
- ¾ cup granulated sugar
- ½ cup firmly packed brown sugar
- 1½ cups whole milk
- 3¼ cups heavy cream
- 1 tablespoon pure vanilla extract

Place the cocoa and sugars in a medium bowl; stir to combine. Add the whole milk and use a hand mixer on low speed or whisk to combine until the cocoa and sugars are dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. If not freezing immediately, cover and refrigerate until ready to use.

Turn machine on; pour mixture into freezer bowl, and let mix until thickened, about 25 to 35 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:
Calories 286 (66% from fat) • carb. 23g • pro. 3g • fat 22g
• sat. fat 14g • chol. 79mg • sod. 37mg
• calc. 81mg • fiber 2g

Peanut Butter Cup Ice Cream

Makes about fourteen ½-cup servings

- 1⅛ cups good quality peanut butter (not natural)**
- ¾ cup granulated sugar**
- 1¼ cups whole milk**
- 2 cups heavy cream**
- 1½ teaspoons pure vanilla extract**
- 1 cup chopped chocolate peanut butter cup candies**

In a medium mixing bowl, use a hand mixer or whisk to combine the peanut butter and sugar until smooth. Add the milk and mix on low speed until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 25 to 35 minutes. Five minutes before mixing is completed, add the chopped candy through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 261 (69% from fat) • carb. 15g • pro. 6g • fat 21g
• sat. fat 9g • chol. 43mg • sod. 110mg
• calc. 49mg • fiber 1g

Coffee Butter Almond Ice Cream

Makes about fourteen ½-cup servings

- 4 tablespoons unsalted butter**
- 1 cup slivered almonds, roughly chopped**
- 1 teaspoon kosher salt**
- 1½ cups whole milk, chilled**
- 1½ cups granulated sugar**
- 3-5 tablespoons instant espresso powder (to taste)**
- 3 cups heavy cream**
- 2 teaspoons almond extract**
- 1 teaspoon pure vanilla extract**

Melt the butter in a 10-inch skillet. Add the slivered almonds and kosher salt. Cook over medium-low heat until almonds are toasted and golden, stirring frequently, about 4 to 5 minutes. Remove from the heat, strain (the butter will have an almond flavor; can be reserved for another use). Chill the nuts.

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, granulated sugar and espresso powder until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and extracts. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the chopped nuts to the mixture during the last 5 minutes of freezing. The ice cream will have a soft, creamy texture.

If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 287 (70% from fat) • carb. 19g • pro. 3g • fat 23g
• sat. fat 12g • chol. 71mg • sod. 131mg
• calc. 78mg • fiber 0g

For Coffee Ice Cream: Omit the toasted buttered almonds, if desired; add 1 tablespoon Kahlúa® or other coffee liqueur to the mixture.

Kahlúa® is a registered trademark owned by the Kahlúa Company.

Pumpkin Pie Ice Cream

Makes about fourteen ½-cup servings

- 1½ cups whole milk**
- 1 cup packed light or dark brown sugar**
- 2 tablespoons molasses or dark corn syrup**
- 1¾ cups pumpkin purée (solid pack pumpkin)**
- 1½ teaspoons cinnamon**
- 1 teaspoon ginger**
- ¼ teaspoon freshly ground nutmeg**
- 2½ cups heavy cream**
- 1 teaspoon pure vanilla extract**
- 1 cup crumbled gingersnaps, vanilla butter cookies, or graham crackers**

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, brown sugar, and molasses until the sugar is dissolved, about 1 to 2 minutes. Stir in the pumpkin purée, cinnamon, ginger, and nutmeg. Add heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the crumbled cookies during the last 5 minutes of mixing. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

For plain Pumpkin Ice Cream: Omit cookies.

Nutritional information per serving:

Calories 310 (52% from fat) • carb. 35g • pro. 3g • fat 18g
• sat. fat 11g • chol. 62mg • sod. 134mg
• calc. 100mg • fiber 1g

Chocolate Mint Ice Cream

Makes about fourteen ½-cup servings

- 1½ cups whole milk**
- ¾ cup chocolate syrup**
- 3 tablespoons granulated sugar**
- 3 cups heavy cream**
- 1 teaspoon peppermint extract**
- 1 cup chopped chocolate mint candies (such as Andes®) or mint chocolate morsels or 1 cup chopped peppermint patty candies**

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, chocolate syrup, and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and peppermint. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved chopped candies or morsels and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 321 (67% from fat) • carb. 25g • pro. 2g • fat 24g
• sat. fat 15g • chol. 73mg • sod. 47mg
• calc. 66mg • fiber 3g

Andes® Candies is a registered trademark owned by Charms Marketing Co.

Pistachio Ice Cream

Makes about fourteen ½-cup servings

- 1½ cups whole milk, well chilled**
- 1½ cups granulated sugar**
- 3 cups heavy cream, well chilled**
- 1½ teaspoons pure vanilla extract**
- 1 teaspoon pure almond extract**
- 1½ cups shelled pistachios, roughly chopped (use plain or lightly salted – do not use red pistachios)**

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, and vanilla and almond extracts.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the pistachios. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2

hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 332 (69% from fat) • carb. 22g • pro. 5g • fat 26g
• sat. fat 13g • chol. 73mg • sod. 32mg
• calc. 79mg • fiber 1g

Vanilla Bean Ice cream

Makes about fourteen ½-cup servings

- 2½ cups whole milk**
- 2½ cups heavy cream**
- 1 whole vanilla bean (about 6 inches in length)**
- 3 large eggs**
- 4 large egg yolks**
- 1½ cups sugar**
- 2 teaspoons pure vanilla extract**

Combine the milk and cream in a Cuisinart® medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds.” Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in color (similar to mayonnaise), about 2 minutes.

Remove the vanilla bean pod from the milk/cream mixture and discard. Measure out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow, steady stream. When thoroughly combined, pour the egg mixture back into the saucepan with the rest of the milk/cream mixture and stir to combine. Cook, stirring constantly, over medium-low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, stir in vanilla, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 257 (64% from fat) • carb. 19g • pro. 4g • fat 19g
• sat. fat 11g • chol. 166mg • sod. 50mg
• calc. 86mg • fiber 0g

Deep Dark Chocolate Ice Cream

Makes about fourteen ½-cup servings

2¼	cups whole milk
2¼	cups heavy cream
1	vanilla bean
1½	cups granulated sugar
1½	cups Dutch process cocoa
2	large eggs
2	large egg yolks
12	ounces bittersweet chocolate, chopped
2	teaspoons pure vanilla extract

In a large saucepan, combine the whole milk and heavy cream over medium-low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the “seeds” of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. Remove the vanilla bean pod and discard it or rinse and reserve for another use.

Combine the sugar, cocoa, eggs, and egg yolks in a medium bowl; using a hand mixer on medium speed, beat until thickened like mayonnaise. Measure out 1 cup of the hot milk/cream mixture. With the mixer on low speed, add the cup of hot milk/cream to the cocoa mixture in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream. Stir the egg mixture into the hot milk/cream. Cook over low heat, stirring constantly, until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture to a bowl and stir in vanilla. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 369 (60% from fat) • carb. 34g • pro. 7g • fat 27g
• sat. fat 16g • chol. 119mg • sod. 46mg
• calc. 100mg • fiber 3g

For Dark Mocha Chip Ice Cream: Add 2 to 3 tablespoons espresso powder along with the cocoa. Chop 6 ounces bittersweet or semisweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

Creamy Butter Pecan ice cream

Makes about fourteen ½-cup servings

4	tablespoons unsalted butter
1	cup pecan halves and pieces
1	teaspoon kosher salt
2¼	cups whole milk
2¼	cups heavy cream
1	whole vanilla bean (about 6 inches in length)
4	large eggs
2	large egg yolks
1½	cups sugar
2	teaspoons pure vanilla extract

Melt the butter in a 10-inch skillet. Add the pecans and kosher salt. Cook over medium-low heat until pecans are toasted and golden, stirring frequently, about 4 to 6 minutes. Remove from the heat, strain (the butter will have a pecan flavor and can be strained and reserved for another use). Chill the nuts.

Combine the milk and cream in a Cuisinart® medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds.” Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in color (similar to mayonnaise), about 2 minutes. Remove the vanilla bean pod from the milk/cream mixture and discard it. Pour out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow, steady stream. When thoroughly combined, pour the egg mixture back into the saucepan and stir to combine. Cook, stirring constantly, over medium low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved pecans, and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 329 (70% from fat) • carb. 21g • pro. 5g • fat 26g
• sat. fat 13g • chol. 158mg • sod. 149mg
• calc. 86mg • fiber 1g

GELATO

Red Raspberry Gelato

Makes about fourteen ½-cup servings

- 4 cups red raspberries (thawed if frozen)
- 1 cup granulated sugar
- 2¼ cups half-and-half, divided
- 6 large egg yolks
- ¼ cup fat free powdered milk
- 1 cup heavy cream
- 2 teaspoons pure vanilla extract
- 1-2 drops red food coloring, optional (will enhance color)

Place raspberries in a food processor fitted with the metal “s” blade or in a blender (if using a blender, 2 cups at a time for best results). Process until completely puréed and smooth. Press raspberry purée through a fine mesh sieve or chinois with a wooden spoon or spatula. Discard seeds – you will have approximately 2 cups red raspberry purée; reserve.

Place the sugar and 1¼ cups of the half-and-half in a 2½-quart saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (can use a hand or stand mixer fitted with the whip on low speed). While whisking, add ½ cup of the hot half-and-half/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F when checked with an instant-read thermometer. Stir in remaining half-and-half, powdered milk and heavy cream. Strain the mixture through a fine mesh strainer; stir in reserved raspberry purée, vanilla, and food coloring. Cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

For Raspberry Lavender Gelato: Add 2 tablespoons dried edible lavender flowers to the half-and-half/sugar mixture when heating.

Nutritional information per serving:
Calories 214 (54% from fat) • carb. 22g • pro. 4g • fat 13g
• sat. fat 7g • chol. 129mg • sod. 37mg
• calc. 96mg • fiber 2g

Blueberry Cassis Gelato

Makes about fourteen ½-cup servings

- 5 cups blueberries (thawed if frozen)
- ¼ cup crème de cassis, divided
- 1 cup granulated sugar
- 2½ cups half-and-half, divided
- 6 large egg yolks
- ½ cup fat free powdered milk
- 1 cup heavy cream
- 1 cup whole milk
- 2 teaspoons pure vanilla extract

Place blueberries in a food processor fitted with the metal “s” blade or in a blender (if using a blender, 2 cups at a time for best results). Process until completely puréed and smooth. Press blueberry purée through a fine mesh sieve or chinois with a wooden spoon or spatula. Discard seeds – you will have approximately 3 cups blueberry purée. Combine the blueberry purée with 3 tablespoons of the crème de cassis in a 2-quart non-reactive saucepan and place over medium-low heat. Cook until the mixture is reduced by half. Remove from pan and chill.

Place the sugar and 1½ cups of the half-and-half in a 2½-quart saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (may use a hand or stand mixer fitted with the whip on low speed). While whisking, slowly add ½ cup of the hot half-and-half/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F when checked with an instant-read thermometer. Stir in remaining half-and-half, powdered milk, heavy cream and whole milk. Strain the mixture through a fine mesh strainer; stir in reserved chilled blueberry purée, remaining tablespoon of crème de cassis and vanilla. Cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:
Calories 215 (54% from fat) • carb. 22g • pro. 4g • fat 13g
• sat. fat 7g • chol. 129mg • sod. 37mg
• calc. 96mg • fiber 2g

Mango Gelato

Makes about fourteen ½-cup servings

1½	pounds 1-inch mango cubes (thawed, if frozen)
½	cup mango nectar
2	cups whole milk
1	cup sugar
¼	cup fat free powdered milk
8	large egg yolks
1	cup light cream
1	teaspoon pure vanilla extract

Place mango cubes in a food processor fitted with the metal “s” blade or in a blender (if using a blender, 2 cups at a time for best results). Process until completely puréed and smooth – you will have about 2½ cups mango purée. Stir in mango nectar and refrigerate while continuing with recipe.

Place the milk, sugar and powdered milk in a 3½-quart saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (may use a hand or stand mixer fitted with the whip on low speed). While whisking, slowly add 1 cup of the hot milk/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F when checked with an instant-read thermometer. Strain the custard through a fine mesh strainer into a medium bowl. Stir in light cream, reserved mango purée and vanilla. Cover and refrigerate at least 6 hours before continuing. Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 188 (35% from fat) • carb. 27g • pro. 4g • fat 8g
• sat. fat 4g • chol. 138mg • sod. 41mg
• calc. 104mg • fiber 1g

Green Tea Gelato

Makes about fourteen ½-cup servings

3¼	cups whole milk
8	green tea bags
¼	cup powdered fat free milk
8	large egg yolks
1	cup granulated sugar
1	cup heavy cream

Place the milk in a medium saucepan and heat to a simmer. Pour half over the tea bags in a medium bowl and let steep for 30 minutes; strain, pressing all the liquid from the tea bags. Stir powdered milk into remaining milk and keep warm over low heat. Place egg yolks and sugar in a medium bowl. Using a hand mixer or whisk, beat until thick and pale yellow (the consistency of mayonnaise). While mixing, slowly add the hot milk and whisk until blended. Stir the egg mixture back into the saucepan and add the tea-infused milk; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F when checked with an instant-read thermometer. Strain the custard through a fine mesh strainer into a medium bowl. Stir in cream, cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 190 (52% from fat) • carb. 19g • pro. 5g • fat 11g
• sat. fat 6g • chol. 153mg • sod. 50mg
• calc. 119mg • fiber 0g

FROZEN YOGURT

Vanilla Frozen Yogurt

Makes about fourteen ½-cup servings

- 1½ cups whole milk
- ¾ cup granulated sugar
- 4 cups fat free vanilla yogurt
- ¼ cup heavy cream
- 1 tablespoon pure vanilla extract

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the yogurt, heavy cream, and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 130 (22% from fat) • carb. 21g • pro. 5g • fat 3g
• sat. fat 2g • chol. 14mg • sod. 62mg
• calc. 145mg • fiber 0g

Chocolate Cherry Frozen Yogurt

Makes about fourteen ½ cup servings

- 9 ounces bittersweet or semisweet chocolate, cut into 1-inch pieces
- 1½ cups whole milk, heated to a simmer
- 4 cups lowfat vanilla yogurt
- ⅓ cup granulated sugar
- ¼ cup maraschino cherry juice
- 1 cup drained maraschino cherries, roughly chopped

Place the chocolate in a food processor fitted with the metal “s” blade. Pulse to chop. With the machine running, add the warmed milk in a slow, steady stream and process until the chocolate is melted. Add the yogurt, sugar, and cherry juice; process until smooth. Refrigerate until well chilled, at least 2 hours.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the chopped cherries. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 203 (36% from fat) • carb. 30g • pro. 6g • fat 9g
• sat. fat 5g • chol. 7mg • sod. 56mg
• calc. 156mg • fiber 1g

Very Berry Frozen Yogurt

Makes about fourteen ½-cup servings

- ¾ cup whole milk
- ⅓ cup granulated sugar
- 4 cups lowfat vanilla yogurt
- 18 ounces frozen mixed berries, thawed, puréed and strained to remove seeds
- 1 teaspoon pure vanilla, almond, or lemon extract

In a medium mixing bowl, use a hand mixer to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the yogurt, berry purée and extract. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 98 (11% from fat) • carb. 18g • pro. 4g • fat 1g
• sat. fat 1g • chol. 5mg • sod. 49mg
• calc. 134mg • fiber 1g

Coffee Latte Frozen Yogurt

Makes about fourteen ½-cup servings

- 1 cup whole milk
- 1 packet plain gelatin
- ½ cup granulated sugar
- 3 tablespoons instant espresso powder
- 1 quart (about 3½ cups) lowfat vanilla yogurt
- ½ cup half-and-half (can use fat free)

Place milk in a 2-quart saucepan; sprinkle with gelatin and let stand 1 minute.

Heat milk and gelatin and stir until smooth. Stir in sugar and espresso powder; cook until sugar is dissolved. Transfer to a medium bowl and cool. Add yogurt and half-and-half, stir until completely blended. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 109 (19% from fat) • carb. 18g • pro. 5g • fat 2g
• sat. fat 2g • chol. 9mg • sod. 56mg
• calc. 143mg • fiber 0g

SORBET

Bits of fresh citrus zest add a burst of flavor to these refreshing sorbets.

Fresh Lemon Sorbet

Makes about fourteen ½-cup servings

- 3 cups granulated sugar**
- 3 cups water**
- 2¼ cups freshly squeezed lemon juice**
- 1½ tablespoons finely chopped lemon zest ***

Combine the sugar and water in a large saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 to 5 minutes. Cool completely. This is called a simple syrup, and may be made ahead in larger quantities to have on hand for making Fresh Lemon Sorbet. Keep refrigerated until ready to use.

When cool, add the lemon juice and zest; stir to combine. Turn the machine on. Pour the lemon mixture into the freezer bowl, and mix until the mixture thickens, about 25 to 30 minutes. The sorbet will have a soft texture similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

* When zesting a lemon or lime use a vegetable peeler to remove the colored part of the citrus rind.

Nutritional information per serving:

Calories 339 (0% from fat) • carb. 89g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 3mg
• calc. 5mg • fiber 0g

For Fresh Lime Sorbet: Substitute 2¼ cups freshly squeezed lime juice for the lemon juice and 1¼ tablespoons finely chopped lime zest for the lemon zest.

For Fresh Lemon-Lime Sorbet: Use half lemon juice and half lime juice and ¾ tablespoon each of finely chopped lemon and lime zest.

Cranberry Sorbet

Makes about fourteen ½-cup servings

- 4½ cups fresh cranberries, washed and drained, stems removed and discarded**
- 2¼ cups granulated sugar**
- 2¼ cups white cranberry juice**
- 1½ cups water**
- ¼ teaspoon salt**
- 3 tablespoons light corn syrup**
- 2 teaspoons chopped fresh lime or orange zest**

Place cranberries, sugar, white cranberry juice, water, and salt in a 3¼-quart saucepan. Bring to a boil over high heat. Reduce heat to medium low and simmer for 15 minutes, until berries have popped and sugar has dissolved. Cool 10 to 15 minutes. Drain cranberries (reserve cooking liquid) and place in work bowl of food processor fitted with metal “s” blade or in a blender – you may need to do this in 2 batches. Add 1 cup cooking liquid. Cover and process until completely puréed and smooth. Press through a fine mesh strainer to remove seeds and pulp; discard seeds and pulp. Stir in remaining cooking liquid, corn syrup and zest. Cover and refrigerate until totally chilled – 6 hours or longer.

Turn the machine on. Pour the chilled mixture into the freezer bowl, and mix until the mixture thickens, about 25 to 30 minutes. The sorbet will have a soft texture similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

For Cranberry Ginger Sorbet: Add 1 tablespoon chopped fresh ginger to the cranberries, sugar and juice to cook. Finely chopped zest of 1 orange or lime may also be added.

Nutritional information per serving:

Calories 164 (0% from fat) • carb. 42g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 69mg
• calc. 5mg • fiber 1g

Cantaloupe Sorbet

Makes about fourteen ½-cup servings

- ¾ cup granulated sugar**
- ¾ cup water**
- 2½ pounds cantaloupe cubes**
- ⅔ cup tangerine or orange juice**
- 1 tablespoon corn syrup**

Place sugar and water in a 1½-quart saucepan. Bring to a boil over medium high heat, reduce heat to medium and cook until the sugar is completely dissolved to make a simple syrup – you will have 1¼ cups simple syrup. Transfer to a bowl and cool completely.

Place the melon cubes in a food processor fitted with the metal “s” blade. Pulse to chop, then process until completely puréed – you will have about 6 cups cantaloupe purée. Stir in the tangerine juice, corn syrup and cooled simple syrup. Cover and chill for 2 hours or longer.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft, slushy texture, similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 81 (3% from fat) • carb. 20g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 8mg
• calc. 10mg • fiber 1g

Dark Chocolate Sorbet

Makes about fourteen ½-cup servings

- 4 cups water**
- 1½ cups granulated sugar**
- ⅓ cup brown sugar, packed**
- 2 cups unsweetened cocoa powder**
- 1 tablespoon pure vanilla extract**

Combine the water and sugars in a 3¼-quart non-reactive saucepan and place over medium heat. Stir until the sugar dissolves. Whisk in the cocoa and bring the mixture to a simmer. Simmer for 2 minutes, stirring constantly. Remove from the heat and transfer to a medium bowl. Stir in the vanilla. Chill in the refrigerator for 2 hours.

Stir the chilled mixture. Turn the machine on; pour mixture into the freezer bowl and let mix until thickened, about 25 to 30 minutes.

The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 138 (9% from fat) • carb. 35g • pro. 2g • fat 2g
• sat. fat 1g • chol. 0mg • sod. 6mg
• calc. 19mg • fiber 4g

Sweet Dark Cherry Sorbet

Makes about fourteen ½-cup servings

- ½ cup granulated sugar**
- ½ cup water**
- 3 pounds pitted sweet dark cherries**
- ¼ cup fresh lemon juice**
- ½ cup orgeat syrup**

Place sugar and water in a 1½-quart saucepan. Bring to a boil over medium-high heat, reduce heat to medium, and cook until the sugar is completely dissolved to make a simple syrup – you will have about 2⅓ cups simple syrup. Transfer to a bowl and cool completely.

Place the cherries in a food processor fitted with the metal “s” blade. Pulse to chop, then process until completely puréed – you will have about 6 cups purée. Stir in the lemon juice, orgeat, and cooled simple syrup. Cover and chill for 2 hours or longer.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft, slushy texture, similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:

Calories 66 (1% from fat) • carb. 17g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 6mg • fiber 0g

DRINKS

Raspberry 'Ritas

Makes six servings

- 16 ounces chilled fresh or frozen, thawed raspberries
- 12 ounces frozen limeade, thawed
- 3 ounces chilled Triple Sec
- 8 ounces chilled tequila
- thin lime slices for garnish

Combine raspberries and limeade in a blender or food processor fitted with the metal "s" blade. Process until smooth. Press through a fine mesh strainer to remove seeds. Turn machine on. Pour the juice mixture into the freezer bowl and mix until thickened, about 20 to 25 minutes (mixture should be very thick as liquors will thin it out). Add chilled Triple Sec and tequila during the last 2 to 3 minutes of mixing. Serve immediately in stemmed glasses with straws, or freeze until ready to serve. Garnish with a thin slice of lime.

For Peachy 'Ritas: substitute sliced peaches for the raspberries.

Nutritional information per serving:
Calories 286 (1% from fat) • carb. 37g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 19mg • fiber 5g

Brown Cow Slushy

Makes six servings

- 1½ cups fat free half-and-half
- ½ cup granulated sugar
- 3 12-ounce bottles of best quality root beer

In a medium mixing bowl, use a hand mixer on low speed to combine the half-and-half and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in root beer. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened and slushy, about 12 to 20 minutes, depending on thickness preferred. Transfer to tall glasses and serve with straws and a maraschino cherry garnish.

Nutritional information per serving:
Calories 218 (28% from fat) • carb. 39g • pro. 2g • fat 7g
• sat. fat 4g • chol. 22mg • sod. 49mg
• calc. 73mg • fiber 0g

Slushies

Makes six servings

- 6 cups cola or other soda, lemonade, cranberry juice, white grape juice, Kool-Aid®, chilled*

Pour into freezer bowl, turn the machine on and let mix until thick and slushy, about 15 to 20 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer. Remove from freezer at least 20 minutes before serving.

* Do not use sugar-free products to make slushies.

Nutritional information per cola serving:
Calories 43 (0% from fat) • carb. 11g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 4mg
• calc. 3mg • fiber 0g

Kool-Aid® is a registered trademark of Kraft Foods, Inc.

Slushy Julius

Makes six servings

- 2 cups water
- ⅓ cup granulated sugar
- 12 ounces frozen orange juice concentrate, thawed
- 2½ cups milk or coconut milk (unsweetened, can use lowfat)
- 2 teaspoons pure vanilla extract

Combine water and sugar and stir until sugar is completely dissolved. Stir in remaining ingredients. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened and slushy, about 12 to 20 minutes, depending on thickness preferred. Transfer to tall glasses and serve with straws and a maraschino cherry garnish.

For an "adult" drink, use the coconut milk version and add ½-¾ cup rum.

Nutritional information per serving:
Calories 195 (16% from fat) • carb. 37g • pro. 5g • fat 4g
• sat. fat 2g • chol. 14mg • sod. 54mg
• calc. 141mg • fiber 0g

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