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Strawberry Ice Cream

Prep time: 90 minutes

Servings: 10

Strawberries and cream – even the words conjure up images of sumptuous, yet somehow innocent, indulgences. You’re not dreaming of 15th century France, however: this is a genuine dairy ice cream; entirely lactose free, and easily made in your own kitchen. Pro tip: Choose strawberries at their peak of summertime ripeness for transcendent sweetness and flavor.

NOTE: This recipe is for a 2 Qt ice cream maker. If using the more common 1.5 QT, be careful not to overload. Use the extra mixture in smoothies!

Submitted by Nancy Lorenz

Ingredients

1 pint fresh, ripe strawberries, rinsed and hulled

3/4 cup sugar, divided

2 cups Green Valley Creamery Lactose-Free Sour Cream

1 cup Green Valley Creamery Lactose-Free Plain Kefir

1 Tbsp. fresh lemon juice

1 tsp. vanilla extract

3 egg yolks

Instructions

1. Slice strawberries and toss them in a medium bowl with 1/4 c sugar and lemon juice. Let stand at room temperature for 1 hour.
2. In a small bowl, using a fork, beat yolks until smooth.
3. In a saucepan, hand-stir sour cream until smooth and silky, then stir in the kefir and 1/2 cup sugar. Cook, stirring, over medium-low heat. When almost to a boil, remove 1/4 cup of the hot cream mixture and SLOWLY whisk into the egg yolks, then SLOWLY whisk the egg yolk mixture back into the saucepan with the cream. Remove from heat and let cool.
4. Pulse the strawberries in a blender with just one or two pulses; leaving some small strawberry chunks. Add the strawberries and vanilla to the cooled cream mixture.

5. Chill in a covered container in the refrigerator overnight. Process according to your ice cream maker's instructions.