

Long Livo

Easy Ice Cream Recipe – The Best Homemade Ice Cream

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 2 cups heavy cream, chilled
- [ ] 1 cup sweetened condensed milk
- [ ] 2 teaspoons vanilla extract
- [ ] 1/4 teaspoon fine sea salt
- [ ] 1 teaspoon fresh lemon juice

Optional Mix-ins

- [ ] 1/2 cup fresh strawberries, diced (strawberry ice cream)
- [ ] 1/4 cup dark chocolate chips (chocolate ice cream)
- [ ] 2 tablespoons toasted almond slivers

Instructions

1. Place the chilled bowl and whisk attachment in the freezer for at least 30 minutes.
2. In a separate bowl, combine the sweetened condensed milk, vanilla, salt, and lemon juice; stir until smooth.
3. Remove the cold bowl, pour in the heavy cream, and whisk on medium speed until soft peaks form—just enough that the cream holds its shape.
4. Gently fold the whipped cream into the sweetened milk mixture using a spatula, preserving the airy texture.
5. If using mix-ins, fold them in now; then transfer the mixture to a loaf pan or airtight container.
6. Cover and place the container in the freezer for 4-6 hours, or until firm.
7. When ready to serve, let the ice cream rest at room temperature for a few minutes, then scoop and enjoy.

Nutrition per serving

310 kcal	4 g	29 g	19 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a dairy-free version, try coconut cream and a plant-based condensed milk substitute.
- A pinch more lemon juice brightens the flavor without adding tartness.
- For a completely different twist, check out the almond milk ice cream recipe.