

Long Livo

Homemade Vanilla Ice Cream – No-Cook Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup sweetened condensed milk
- [ ] 2 tsp pure vanilla extract
- [ ] 1/4 cup whole milk
- [ ] Pinch of salt

Optional Add-Ins

- [ ] 1/2 cup fresh berries
- [ ] 2 tbsp mini chocolate chips
- [ ] 1 tbsp toasted almond slivers

Instructions

1. In a chilled bowl, whisk together the heavy cream, sweetened condensed milk, vanilla extract, and salt until the mixture looks slightly thick and glossy.
2. Gently fold in the whole milk, creating a smooth, pourable texture.
3. Pour the mixture into a shallow metal pan, cover with parchment paper, and place it in the freezer.
4. After 30 minutes, remove and stir vigorously with a spatula, breaking any ice crystals; repeat this stirring every half hour for the next 2 hours.
5. When the ice cream is firm but still scoopable, fold in any optional add-ins, smooth the top, and let it freeze for an additional hour before serving.

Nutrition per serving

310 kcal	5 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an even smoother texture, press the parchment paper directly onto the surface before the final freeze.
- If you prefer a slightly sweeter ice cream, add a teaspoon of honey to the base before whisking.
- You can double this recipe for a larger batch; just ensure you have enough freezer space.