

Treasure Barrel

Sweet Cream Ice Cream Recipe

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

Ingredients

Main Ingredients

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 2 teaspoons pure vanilla extract
- [ ] 1 pinch sea salt

Optional Swirl

- [ ] 1/2 cup almond milk ice cream purée
- [ ] 1/4 cup crushed mint chocolate chip pieces

Instructions

1. In a medium saucepan, combine the cream, milk, sugar, and salt; whisk over medium heat until the sugar dissolves and the mixture is warm but not boiling.
2. Remove from heat, stir in the vanilla extract, then let the base cool to room temperature.
3. Cover and refrigerate for at least two hours, or overnight for deeper flavor development.
4. Pour the chilled base into an ice-cream maker and churn according to the manufacturer's directions until it reaches soft-serve consistency.
5. If using swirls, gently fold the ice cream sandwich purée and chocolate chips into the churned ice cream.
6. Transfer to a freezer-safe container, smooth the top, press a piece of parchment paper against the surface, and seal. Freeze for at least two hours before serving.

Nutrition per serving

310 kcal	4 g	28 g	21 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
>
> - For the smoothest texture, chill the mixing bowl of your ice-cream maker beforehand.
> - Taste the base before freezing; a tiny extra pinch of salt can brighten the sweet flavor.
> - You can substitute half of the cream with coconut milk for a lighter version.