

Treasure Barrel

Vanilla Ice Cream – No-Cook Homemade Recipe

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

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 1/2 cup granulated sugar
- [ ] 1 vanilla bean, split and seeds scraped (or 2 tsp pure vanilla extract)
- [ ] Pinch of sea salt

Optional Add-ins

- [ ] 2 tbsp almond milk (for a nutty nuance)
- [ ] Fresh berries for serving

Instructions

1. In a large bowl, whisk together the milk, sugar, and a pinch of salt until the sugar begins to dissolve.
2. Split the vanilla bean, scrape the seeds into the mixture, and add the pod; let it sit for 5 minutes to steep.
3. Remove the bean pod, then gently fold in the heavy cream and vanilla extract (if using) until fully incorporated.
4. Cover the bowl with plastic wrap and refrigerate for at least 2 hours, or overnight for deeper flavor.
5. When ready, give the mixture a quick stir, pour into a freezer-safe container, and freeze for 45 minutes.
6. After 45 minutes, stir vigorously to break any ice crystals; return to freezer and repeat once more for a softer texture.
7. Serve scoops topped with fresh berries or a drizzle of honey; enjoy the gentle vanilla aroma.

Nutrition per serving

240 kcal	3 g	18 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too soft after chilling, let it sit in the freezer an extra 30 minutes.
- A quick taste before freezing helps you decide if you need a touch more sugar.
- For a dairy-free version, swap heavy cream with coconut cream and use maple syrup as sweetener.