

Thickened Ice Cream





INGREDIENTS

	2 Servings	10 Servings
THICK & EASY® gel mixture, prepared (see directions)	1 Tbsp	5 Tbsp
Ice Cream	1 cup	5 cups

DIRECTIONS

THICKENED GEL

- 1. Add 9 scoops of **THICK & EASY® Clear Food & Beverage Thickener** (Item #25544) using included scoop, or 2 1/4 tablespoons, to an empty dry glass or container (round bottom).
- 2. Measure 3 oz. of cold water into a glass or container and quickly pour into the dry container described above, and stir rigorously with a whisk or fork (keep distance of the water-containing glass high above the dry glass (which contains the clear thickener) to help create the mixing effect).
- 3. Mix until texture is smooth with no lumps.
- 4. Let stand for 2 minutes. This thickened liquid turns into a gel.
- 5. The thickened liquid is good for 5 servings use (~20 g thickened liquid for each serving (1 tablespoon).

THICKENED ICE CREAM

- CCP: Keep ice cream frozen at 0° F or less until ready to use. Soften ice cream for 15 minutes and scoop to place in food processing bowl.
- 2. Process ice cream and gel mixture until mixed or particles in ice cream are thoroughly pulverized.
- 3. Pour/scoop into individual serving dishes or one container suitable for freezing.
- CCP: Freeze at 0° F or less.
- 5. Remove from freezer when ready to serve.

CCP STANDS FOR CRITICAL CONTROL POINT. IT IS USED BY FOOD SERVICE PROFESSIONALS FOR FOOD SAFETY PURPOSES.

NOTE: This thickened ice cream recipe does not thin at room temperature. Pureeing ice cream blends THICK & EASY® Clear Food & Beverage Thickener well and a wide variety of ice cream flavors can be used, even chocolate chips! Final texture is soft spoonable at room temperature. Enjoy a wider variety of flavors and less cost than purchased thickened desserts.

NUTRITION

SERVING SIZE 1/2 cup

VANILLA

Calories: 133 Fat: 7g Protein: 2.3g Carbs: 16g

CHOCOLATE

Calories: 143 Fat: 7g Protein: 2.5g Carbs: 19g

CHERRY GARCIA

Calories: 260 Fat: 16g Protein: 5g Carbs: 26g

CHOCOLATE CHIP

Calories: 300 Fat: 20g Protein: 5g Carbs: 26g