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How to Make Homemade Sugarless, Low-fat Gourmet Chocolate Ice cream;

Using a Gel-container Ice Cream maker!

If you love really good chocolate ice cream, but are on a diet that restricts sugar, calories and/or fat; this one's for you. And it tastes SO MUCH BETTER than store bought Low-Fat ice cream. It is actually quite easy, costs less than store bought! The only special equipment you need is an ice cream maker (either electric or manual). These directions will work fine for all ice cream makers that use a freezer gel canister, a bowl you put in the freezer first. If you



have an ice cream maker that requires ice and salt instead of the freezer bowl, [see these instructions instead!](#)
If you are looking for an instruction manual for your ice cream maker, we have them, too! [See this page.](#)

Directions for Making Homemade Sugarless Low-fat Chocolate Ice Cream

Ingredients

- 2 cups fat-free milk
- 1 cup Stevia (in a prepared form like Truvia, it measures same as sugar; if you use another form, you'll need do your own conversion) - or Splenda, if you prefer, - OR if your fruit is VERY sweet, you be able to get away with no added sweetener.
- 1/4 cup fat-free powdered milk

<http://www.pickyournown.org/howtomakesugarlesslowfatfatchocolateicecream.htm>

- 8 egg yolks - if you want to avoid even the fat in these, you can use Egg Beaters - 1 14 oz carton (the short one, not the tall one) of Egg Beaters (or the whites from 8 eggs)
- 1 cup fat-free half-and-half (which DOES contain "corn syrup", which is a form of sugar, so you may want to use 1 more cup of nonfat milk instead - it works *almost* as well)
- 1 teaspoon vanilla extract
- 1/2 cup sugarless chocolate syrup.

Equipment

- 1 ice cream maker with a freezer gel canister
- 1 large pot
- 1 wooden or plastic spatula

Instructions



Step 1 - Pre-Freeze your ice cream maker's gel container

Before you even think about making ice cream, you better get the gel container in the deep freeze and start it freezing up. Models vary, but generally the recommend the length of time needed to freeze the unit is between 6 hours and 22 hours. It depends on how cold your freezer is. If you have the room, just leave your freezer bowl in the freezer at all times. That way, you can take it out any time for immediate use.

To determine whether the bowl is completely frozen, just shake it. If you don't hear liquid moving, it's frozen! Before freezing the bowl, wash and dry the bowl, then place the freezer bowl in the back of your freezer where it is coldest. (Note: Your freezer should be set to 0F for most foods, including ice cream!)



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Step 2 - Heat the milk, Stevia (or Splenda, if you prefer), and powdered milk

In a large pot (4 quarts or larger) with a heavy bottom (for even heat distribution), mix the fat-free milk, Stevia (in a prepared form like Truvia, it measures same as sugar; if you use another form, you'll need do your own conversion) - or Splenda, if you prefer, and powdered, nonfat, dry milk. Bring the mix to a low simmer over medium heat and stir to dissolve the Stevia (in a prepared form like Truvia, it measures same as sugar; if you use another form, you'll need do your own conversion) - or Splenda, if you prefer, , then turn the heat down and just keep it warm.



Step 3 - Get the egg whites or egg substitutes ready

As noted in the ingredients, egg yolks are not fat free and do have 215 mg cholesterol per each egg yolk, so for this recipe we use an egg substitute, like Egg Beaters or Better'N Eggs. You can, of course, use 8 regular egg yolks.



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Step 4 - Whip the egg yolks until thickened

Put the egg yolks in a medium bowl and whisk until they are thickened (it only takes about 2 minutes. I use a hand mixer on low speed).



Step 5 - Slowly add 1 cup of the hot milk mixture to the egg yolks

While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended (a few seconds).



Step 6 - Pour the egg yolk mix into the pot of hot milk

Then pour the egg mixture back into the pot of hot milk and increase heat to medium. Stir the mixture constantly with a wooden or plastic spoon, until the mixture is thickened (like gravy) and registers between 170F and 180F (check with an instant-read thermometer, like the ones with a probe or a candy thermometer).



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Step 7 - Add the light cream (or half and half) and vanilla and refrigerate

Stir in whipping cream (or light cream or half-and-half) and vanilla. Cover and pop into the refrigerator for at least 6 hours before continuing on to step 8. Overnight or even 24 to 48 hours is fine.



Step 8 - Fire up the ice cream maker!

Turn the ice cream maker on and let the maker work until it is thickened, altogether about 20 to 25 minutes.

Step 9 - when the ice cream starts to get thick, add the chocolate syrup

After about 20 minutes when the ice cream starts to get thick and nearly done, that is the time to add the chocolate. After about 20 minutes when the ice cream starts to get thick and nearly done, that is the time to add the chocolate syrup.



I add about 1/2 cup of chocolate syrup - I use the Hersey's sugar free syrup, but both the variety and amount are a matter of personal taste preferences!

You can tell when the ice cream is done, by simply checking the consistency through the opening on the top of the ice cream maker. You will also hear the motor straining, as the ice cream freezes. On some units, the directions with the maker tell you to let it work until the motor stalls and stops.



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When it is done, the ice cream should have a soft, creamy texture. If you want firmer, harder ice cream, transfer the ice cream to an airtight container and place it in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Step 10 - Enjoy!

Hey, once it reaches the consistency you like, it's time to eat! That's it! You made great homemade ice cream!

