



Ingredients

For the Ice cream base

1/2 liter milk
1 & 1/2 tbsp GMS
1/8 tsp Alginate
7 tbsp sugar
1/2 tsp corn flour

For vanilla-flavoured ice cream

1/4 cup milk powder
1 tsp vanilla essence

Nutrients

Approx. calories per serving: 231 Kcal

Procedure

To make the generic ice cream base, take milk, add GMS, corn flour, sugar, alginate and mix nicely without any lumps. Boil the mixture in any suitable Healux Cookware unit for 7-8 minutes.

Allow the mixture to cool and keep it in the freezer for 8 hours in an airtight container.

To make vanilla ice cream specifically, take half the ice cream base and churn it for ten minutes. Then add the milk powder along with vanilla essence, churn it for some more time and freeze for 8 hours in an airtight container.

Your vanilla ice cream is ready, serve it with chocolate sauce or nuts. Repeat the same for the other half of the base, if desired.

Tip: Try other flavors like strawberry, pista, pineapple etc. for a variation.