

MIXED BERRY ICE CREAM

You read the instructions but cannot believe this works. It does....nice creamy ice cream!

Serves: 4

Ingredients:

1-1/2 cup frozen berries of choice
1/2 tablespoon Virtue Sweetener
1 cup heavy cream

note: berries must be frozen



Directions:

In a blender or food processor, pulse the berries and sweetener until crushed.

Add heavy cream and then blend on higher speed until the mixture is thickened to a soft-serve ice cream consistency. If necessary, stop the blending once or twice and stir with a spatula. (Then lick spatula!)

My Notes