

Simple Mint Chocolate Chip Strawberry Ice Cream

Oscar · 28/09/2024



Prep Time

8

Difficult

Medium

Servings

8 servings

Description

I was inspired to create this dessert because I could not eat traditional ice cream from the grocery store due to a potato allergy. This recipe creates a fresh and sweet treat with minimal sugar, allowing you to indulge in fruit and chocolate—the best of both worlds. Store the remaining ice cream in a container in your freezer for later enjoyment.

Ingredients

- 2 cups heavy whipping cream - 1 cup whole milk - ½ cup white sugar - ½ teaspoon pure peppermint extract - 2 ounces dark chocolate
- finely chopped - 6 fresh strawberries
- diced

Instructions

1. Mix heavy cream
2. whole milk
3. sugar
4. and peppermint extract in a bowl. Pour mixture into an ice cream maker and freeze until slightly thickened
5. 25 to 30 minutes (time varies according to ice cream maker specifications). Stir chocolate and strawberries into ice cream mixture; allow to mix until thickened
6. 3 to 5 more minutes. Cook's Notes: You can skip the prep time by simply adding your ingredients to the ice cream maker as it's mixing. Begin with the milk
7. next add the heavy whipping cream
8. next the sugar
9. and finally add in the extract and let the machine mix it up for you. This will save you some time in the kitchen and get your ice cream started in an instant. You can also experiment with the amount of mint extract that you put in the ice cream. If you prefer a mintier ice cream
10. add 1 teaspoon of mint extract. And finally
11. this recipe makes a great mint chocolate chip ice cream by omitting the strawberries.