

Dessert

Homemade Peach Ice Cream

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Scripps Treasure Coast Newspapers

1 - 2 quarts sliced peaches

1 quart sugar

1 quart cream

1 lemon, squeezed

Puree' the peaches in a blender. You will need at least one quart or more.

Stir in the sugar.

Add lemon juice.

Stir in the cream. The cream can be all heavy whipping cream (for the richest of ice creams), or any combination of cream and milk that you wish (the more milk, the less rich the finished product and the less fat and cholesterol).

Place the peach mixture into the ice cream maker container.

Add milk to the filling, if necessary.

Freeze according to the manufacturers directions.

Store in the freezer for several hours to mellow.

Per Serving (excluding unknown items): 6023 Calories; 240g Fat (34.6% calories from fat); 34g Protein; 990g Carbohydrate; 28g Dietary Fiber; 836mg Cholesterol; 363mg Sodium. Exchanges: 10 Fruit; 48 Fat; 53 1/2 Other Carbohydrates.