

Plate Dream

Sweet Cream Ice Cream

Smooth, buttery sweet cream ice cream made with simple ingredients for a refreshing homemade treat.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 2 teaspoons pure vanilla extract
- [ ] A pinch of sea salt

Optional Add-ins

- [ ] 1 tablespoon honey
- [ ] Fresh fruit purée or caramel swirl

Instructions

1. In a medium bowl, whisk together the heavy cream, whole milk, sugar, vanilla, and salt until the sugar is fully dissolved.
2. Cover the bowl and refrigerate the mixture for at least 30 minutes, allowing the flavors to meld.
3. After chilling, pour the base into a shallow metal pan and place it in the freezer.
4. Every 30 minutes for the first two hours, remove the pan and stir vigorously with a spatula, breaking up any forming ice crystals.
5. If using optional honey or fruit purée, fold it in after the first stir, then continue the freezing process until firm.
6. When the ice cream is firm but still scoopable, serve immediately or transfer to an airtight container and freeze for another hour for a firmer texture.

Nutrition per serving

280 kcal	4 g	22 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra smooth finish, press a piece of parchment paper directly on the surface before sealing the container.
- If the ice cream becomes too hard, let it sit for 5-10 minutes before scooping.
- A dash of almond extract pairs nicely with the vanilla for a subtle nutty note.