

Dessert

Cafe au Lait Ice Cream

Publix Supermarkets

4 teaspoons instant coffee crystals

1/2 cup hot water

2 cups heavy cream

1 can (14 oz) sweetened condensed milk

1/4 teaspoon almond extract

1/2 cup toasted pecans or almonds (optional), chopped

In a bowl, dissolve the instant coffee in the hot water; cool.

Add the cream, sweetened condensed milk and almond extract.

Beat with a mixer for 7 minutes or until light and fluffy (mixture will mound but not hold peaks).

Fold in the nuts.

Spoon into a 8-inch square baking pan or 9x5-inch loaf pan.

Cover and freeze for 4 hours or until firm.

To serve, scoop into dessert dishes.

Per Serving (excluding unknown items): 2624 Calories; 203g Fat (68.1% calories from fat); 34g Protein; 180g Carbohydrate; 0g Dietary Fiber; 756mg Cholesterol; 571mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 40 1/2 Fat; 11 Other Carbohydrates.