
Triple Berry Ice Cream

Rainbow Jewels

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 4 hours 40 minutes

2/3 cup fresh blackberries

2/3 cup fresh blueberries

2/3 cup fresh raspberries

1/2 cup sugar

1/2 teaspoon lemon zest

2 cups whipping cream

1/2 cup milk

1 teaspoon vanilla extract

In a food processor, puree' the blackberries, blueberries, raspberries and lemon zest. Let stand for 10 minutes.

Strain the mixture through a fine-mesh sieve and return the puree' to the food processor. Add the cream, milk and vanilla. Pulse until the mixture is combined.

Pour the mixture into an ice cream maker and freeze according to the manufacturers directions.

Transfer to an airtight container and freeze until firm, four hours or overnight.

Dessert

Per Serving (excluding unknown items): 276 Calories; 23g Fat (72.0% calories from fat); 2g Protein; 18g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 31mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 1 Other Carbohydrates.