

Yogurt icecream

Ingrédients

- 500g yogurt
- 350g liquid cream 30 or 35% fat
- 75g icing sugar

Préparation

1. A classic ice cream that I hadn't made yet, yoghurt!
2. I used a whole fat yogurt (don't use 0% fat) to make this recipe, and added honey and nuts (almonds and pine nuts), inspired by an ice cream often eaten in an Italian village, the alpine yogurt / yogurt alpino.
3. Otherwise, keep in mind that our household freezers are too cold for homemade ice cream, so remember to take it out early so it can have a better texture.
4. Make a whipped cream with the liquid cream and icing sugar.
5. Mix it gently with the yoghurt, then pour the mixture into the ice cream maker and turn it into ice cream according to the instructions of your ice cream maker.
6. Then you can add whatever you want, nuts, fruit coulis, chocolate chips, pieces of cookies, brownies.
7. I added honey, pine nuts and almonds in mine.
8. Be careful, this ice cream becomes quite brittle after several days in the freezer, in that case, I advise you to put it in the refrigerator 30 to 40 minutes before eating it, the texture will become creamier again without defrosting.
9. Here you go, enjoy !