

# Cuisinart®

## Recipe Booklet

Instruction  
Booklet  
Reverse Side



Mix It In Soft Serve Ice Cream Maker

ICE-45A

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# RECIPES

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## Simple Vanilla Ice Cream

Makes about ten ½-cup servings

- 1 cup whole milk, well chilled**
- ¾ cup granulated sugar**
- 2 cups heavy cream, well chilled**
- 1 to 2 teaspoons pure vanilla extract, to taste**

Place milk and sugar in a medium bowl. Use a hand mixer (about 1 to 2 minutes on low speed) or a whisk to mix until the sugar is dissolved. Stir in the heavy cream and vanilla to taste. If not making ice cream immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*

*Calories 238 (68% from fat) • carb. 17g • pro. 2g  
• fat 19g • sat. fat 12g • chol. 69mg • sod. 30mg  
• calc. 60mg • fibre 0g*

### Lower Fat Variation:

- 1 cup reduced fat milk (2%)**
- ¾ cup granulated sugar**
- 2 cups half-and-half\*, well chilled**
- 1 to 2 teaspoons pure vanilla extract, to taste**

Mix and freeze as above.

*Nutritional information per serving:*

*Calories 132 (40% from fat) • carb. 18g • pro. 2g  
• fat 6g • sat. fat 4g • chol. 29mg • sod. 32mg  
• calc. 81mg • fibre 0g*

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

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## Simple Chocolate Ice Cream

Makes about ten ½-cup servings

- ⅔ cup unsweetened cocoa powder (Dutch process preferred)**
- ½ cup granulated sugar**
- ⅓ cup firmly packed brown sugar**
- 1 cup whole milk**
- 2 cups heavy cream**
- 1 teaspoon pure vanilla extract**

Place the cocoa and sugars in a medium bowl; stir with a whisk to combine and remove any lumps. Add the whole milk and use a hand mixer (about 1 to 2 minutes on low speed) or whisk to combine the milk with the cocoa powder and sugars until they are dissolved. Stir in the heavy cream and vanilla. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*

*Calories 255 (62% from fat) • carb. 23g • pro. 3g  
• fat 18g • sat. fat 12g • chol. 69mg • sod. 33mg  
• calc. 75mg • fibre 3g*

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## Strawberry Ice Cream

Makes about ten ½-cup servings

- 1 230g very red, ripe strawberries – fresh summer berries or frozen berries, thawed**
- ⅔ cup granulated sugar**
- ¼ teaspoon pure vanilla extract**
- ⅔ cup whole milk**
- 1⅓ cups heavy cream**

Place strawberries, granulated sugar, vanilla, and whole milk in a blender jar or food processor fitted with the metal “s” blade, and blend on high speed until completely smooth and homogenous, about 40 to 50 seconds. Pour into a bowl and stir in heavy cream. If not making ice cream immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*

*Calories 178 (60% from fat) • carb. 17g • pro. 1g  
• fat 12g • sat. fat 8g • chol. 46mg • sod. 20mg  
• calc. 43mg • fibre 1g*

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## Mint Ice Cream

Makes about ten ½-cup servings

- 1 cup whole milk, well chilled**
- ¾ cup granulated sugar**
- 2 cups heavy cream, well chilled**
- 1 teaspoon mint extract (may use peppermint or spearmint)**
- 4-5 drops green or pink food colouring**

Place milk and sugar in a medium bowl. Use a hand mixer (about 1 to 2 minutes on low speed) or a whisk to mix until the sugar is dissolved. Stir in the heavy cream and mint extract. Add food colouring in drops to reach desired colour. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

**For mint chip ice cream:** add mini chocolate morsels.

*Nutritional information per serving:*

*Calories 238 (68% from fat) • carb. 17g • pro. 2g  
• fat 19g • sat. fat 12g • chol. 69mg • sod. 30mg  
• calc. 60mg • fibre 0g*

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## Coffee Ice Cream

Makes about ten ½-cup servings

- 1 cup whole milk, well chilled**
- ½ cup granulated sugar**
- ¼ cup packed brown sugar**
- 1-1½ tablespoons instant espresso or coffee, to taste**
- 2 cups heavy cream, well chilled**
- 1 teaspoon pure vanilla extract**

Place milk, both sugars, and espresso powder in a medium bowl. Use a hand mixer (about 1 to 2 minutes on low speed) or a whisk to mix until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the heavy cream and vanilla to taste. If not making ice cream immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*

*Calories 257 (67% from fat) • carb. 19g • pro. 3g  
• fat 19g • sat. fat 12g • chol. 72mg • sod. 44mg  
• calc. 95mg • fibre 0g*

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## Cheesecake Ice Cream

Makes about ten ½-cup servings

- 1 450g lowfat cream cheese, cut into 2.5cm pieces, at room temperature**
- 1 can (420ml) fat free sweetened condensed milk**
- 1 cup fat free half-and-half\***
- 1 teaspoon pure vanilla extract**
- ½ teaspoon pure lemon extract**
- ½ teaspoon pure almond extract**

Place cream cheese and sweetened condensed milk in a medium bowl. Use a hand mixer (about 1 to 2 minutes on low speed) or a whisk to mix until smooth. Stir in the half-and-half\* and extracts. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*

*Calories 228 (33% from fat) • carb. 29g • pro. 8g  
• fat 8g • sat. fat 5g • chol. 19mg • sod. 317mg  
• calc. 189mg • fibre 0g*

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

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## Peanut Butter Ice Cream

Creamy peanut butter ice cream is a favourite of kids of all ages.

Makes about ten ½-cup servings

- 1 cup creamy peanut butter**
- ⅔ cup granulated sugar**
- 1 cup whole milk**
- 1½ cups half-and-half\***
- 1 teaspoon pure vanilla extract**

Place peanut butter and sugar in a medium bowl. Stir with a whisk until smooth. Add milk and stir until smooth and sugar is dissolved. Stir in half-and-half\* and vanilla. If not freezing immediately, cover and place in refrigerator until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*

*Calories 265 (58% from fat) • carb. 21g • pro. 8g  
• fat 18g • sat. fat 6g • chol. 17mg • sod. 150mg  
• calc. 76mg • fibre 2g*

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

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## Tropical Fruit Ice Cream

Citrus is blended with mango and papaya for a tropical flavour that everyone will love.

Makes about ten ½-cup servings

- ⅔ cup orange or tangerine juice concentrate, thawed**
- ⅔ cup mango purée<sup>□</sup>**
- ⅔ cup papaya purée<sup>□</sup>**
- ⅔ cup granulated sugar**
- ½ tablespoon fresh lemon juice**
- ½ teaspoon pure vanilla extract**
- ⅔ cup whole milk**
- ⅔ cup heavy cream**

Place the orange juice concentrate, mango purée, papaya purée, sugar, lemon juice, vanilla, and milk in a blender jar. Blend on high speed until smooth and homogenous, about 1 minute. Transfer to a bowl and stir in heavy cream. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

<sup>□</sup>Available in the frozen food section of well-stocked grocery stores. Fruit purées can also be made by puréeing fresh or frozen thawed fruit.

*Nutritional information per serving:*

*Calories 159 (35% from fat) • carb. 25g • pro. 1g  
• fat 6g • sat. fat 4g • chol. 24mg • sod. 17mg  
• calc. 39mg • fibre 1g*

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## Banana Ice Cream

Makes about ten ½-cup servings

- 2 medium bananas, ripe but not overripe, cut into 2.5cm pieces**
- ⅔ cup granulated sugar**
- 1 tablespoon fresh lemon juice**
- ¾ cup whole milk**
- ½ teaspoon pure vanilla extract**
- 1⅓ cups heavy cream**
- 1 to 2 drops yellow food colouring to give the yellow banana colour, optional**

Place the bananas, granulated sugar, lemon juice, whole milk, and vanilla in a blender jar and blend on high speed for 40 to 50 seconds until smooth, creamy and completely homogenous. Transfer to a bowl and stir in the heavy cream. Add yellow food colouring if using. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*  
Calories 193 (56% from fat) • carb. 20g • pro. 1g  
• fat 12g • sat. fat 7g • chol. 46mg • sod. 21mg  
• calc. 44mg • fibre 0g

**For Chocolate Banana Ice Cream:** Add ¼ cup unsweetened cocoa powder and ¼ cup chocolate syrup to the blender along with the first 5 ingredients and blend as directed.

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## Coconut Ice Cream

Makes about ten ½-cup servings

- ⅔ cup sweetened coconut flakes**
- ⅔ cup granulated sugar**
- 1 cup lite coconut milk (do not use regular)**
- ½ teaspoon coconut extract**
- ½ teaspoon pure vanilla extract**
- 1 cup whole milk**
- 1¼ cups heavy cream**

Place the coconut flakes, granulated sugar, lite coconut milk, and both extracts in jar of a blender in that order. Blend on high speed until smooth and homogenous, about 40 to 50 seconds. Transfer to a bowl and stir in the milk and cream. If not making ice cream immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing ice cream.

*Nutritional information per serving:*  
Calories 206 (62% from fat) • carb. 18g • pro. 2g  
• fat 15g • sat. fat 10g • chol. 44mg • sod. 37mg  
• calc. 49mg • fibre 0g

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## Pumpkin Sp'Ice Cream

Makes about ten ½-cup servings

- 1¼ cups whole milk**
- ¾ cup packed light or dark brown sugar**
- 1½ tablespoons molasses or dark corn syrup**
- 1⅓ cups pumpkin purée (solid pack pumpkin)**
- 1 teaspoon cinnamon**
- ¾ teaspoon ginger**
- ⅓ teaspoon freshly ground nutmeg**
- 1½ cups heavy cream**
- 1 teaspoon pure vanilla extract**

Place 1 cup of the milk in jar of a blender with the brown sugar, molasses, pumpkin purée, cinnamon, ginger, and nutmeg. Blend on high speed until smooth and homogenous, about 30 seconds. Transfer to a bowl and stir in the remaining cold milk and cream. If not making ice cream immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If ice cream is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing.

*Nutritional information per serving:*

*Calories 217 (58% from fat) • carb. 21g • pro. 2g • fat 14g  
• sat. fat 9g • chol. 53mg • sod. 35mg  
• calc. 85mg • fibre 1g*

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## Vanilla Frozen Yoghurt

Makes about ten ½-cup servings

- 1⅓ cups whole milk**
- ⅔ cup granulated sugar**
- 2½ cups fat free or lowfat vanilla yoghurt**
- 1 teaspoon pure vanilla extract**

Place whole milk and sugar in a medium bowl. Use a hand mixer (about 1 to 2 minutes on low speed) or a whisk to mix until sugar is dissolved. Stir in the yoghurt and vanilla. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

*Calories 99 (10% from fat) • carb. 19g • pro. 4g  
• fat 1g • sat. fat 1g • chol. 6mg • sod. 54mg  
• calc. 126mg • fibre 0g*



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## Chocolate Frozen Yoghurt

Makes about ten ½-cup servings

- 1 cup whole milk, warmed to a simmer**
- 1 230g semisweet chocolate, chopped (may use semisweet chocolate morsels)**
- ¼ cup granulated sugar**
- 2 cups fat free or lowfat yoghurt**
- 1 teaspoon pure vanilla extract**

Stir the chocolate and sugar into the warmed milk. Stir until chocolate is completely melted and sugar is dissolved. Let come to room temperature. Add the yoghurt and vanilla and stir with a whisk until completely combined. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

Calories 179 (44% from fat) • carb. 23g • pro. 5g  
• fat 10g • sat. fat 6g • chol. 4mg • sod. 41mg  
• calc. 121mg • fibre 1g

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## Mocha Latte Frozen Yoghurt

A frozen yoghurt with coffeehouse flavours.

Makes about ten ½-cup servings

- ¾ cup whole milk**
- ⅓ cup packed brown sugar**
- 2 tablespoons granulated sugar**
- 1½-2 tablespoons unsweetened cocoa powder, to taste**
- 1½-2 tablespoons instant espresso powder, to taste**
- 2 cups fat free or lowfat vanilla yoghurt**
- ⅓ cup half-and-half\***
- 1 teaspoon pure vanilla extract**

Place milk, both sugars, cocoa powder, and espresso powder in a medium bowl. Use a hand mixer (about 1 to 2 minutes on low speed) or a whisk to mix until the sugar is dissolved. Stir in the yoghurt, half-and-half\*, and vanilla until well blended. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

Calories 99 (15% from fat) • carb. 18g • pro. 3g  
• fat 2g • sat. fat 1g • chol. 6mg • sod. 43mg  
• calc. 118mg • fibre 0g

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

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## Red Raspberry Frozen Yoghurt

Makes about ten ½-cup servings

- 1 340g fresh red raspberries (or frozen, thawed)**
- ¾ cup granulated sugar**
- ¼ cup fresh lime juice**
- ½ cup whole milk**
- 1⅓ cups fat free or lowfat vanilla yoghurt**

Place the raspberries, sugar, and lime juice in a blender jar (or food processor fitted with the metal “s” blade) and blend on high until smooth and homogenous. If desired pour through a fine mesh sieve to strain out the seeds (press with the back of a wooden spoon or spatula). Transfer raspberry liquid to a medium bowl. Stir in milk and yoghurt with a whisk. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

Calories 113 (3% from fat) • carb. 26g • pro. 2g  
• fat 0g • sat. fat 0g • chol. 2g • sod. 27mg  
• calc. 75mg • fibre 1g

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## Strawberry Banana Frozen Yoghurt

Makes about ten ½-cup servings

- 1 large banana, peeled and cut into 2.5cm pieces**
- 1 230g fresh (hulled) or frozen, thawed strawberries**
- ½ cup granulated sugar**
- ½ cup whole milk**
- ¼ cup orange juice concentrate, thawed**
- ½ teaspoon pure vanilla extract**
- 1½ cups fat free or lowfat vanilla yoghurt**

Place the banana, strawberries, sugar, milk, orange juice concentrate, and vanilla in a blender jar (or food processor fitted with the metal “s” blade) and blend on high until smooth and homogenous. Transfer to a medium bowl and stir in yoghurt with a whisk. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

Calories 113 (7% from fat) • carb. 24g • pro. 4g  
• fat 1g • sat. fat 1g • chol. 4mg • sod. 33mg  
• calc. 89mg • fibre 1g

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## Cherry Vanilla Frozen Yoghurt

Makes about ten ½-cup servings

- 1 340g pitted sweet cherries, fresh, canned and drained (measure after draining), or frozen, thawed**
- 1 cup whole milk**
- ¼ cup granulated sugar**
- 1 teaspoon pure vanilla extract**
- 1½ cups lowfat or fat free vanilla yoghurt**

Place the cherries, whole milk, granulated sugar, and vanilla in a blender jar and blend on high speed for 40 to 50 seconds until smooth, creamy and completely homogenous. Transfer to a bowl and stir in the yoghurt. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

Calories 84 (10% from fat) • carb. 17g • pro. 3g  
• fat 1g • sat. fat 1g • chol. 4mg • sod. 34mg  
• calc. 95mg • fibre 1g

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## Blueberry Sorbet

Makes about ten ½-cup servings

- 1⅓ cups granulated sugar**
- ⅔ cup water**
- 1 900g fresh or frozen blueberries (wild if possible)**
- 3 tablespoons fresh lime juice**
- 2 tablespoons light corn syrup**

Combine the sugar and water in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 to 5 minutes. Stir in blueberries and cook until they pop open. Allow to cool for 10 to 15 minutes. When cool, transfer the blueberry mixture to a blender and add the lemon juice; blend on high speed until smooth and homogenous; stir in corn syrup. Pour mixture through a fine mesh strainer to remove seeds. Cover and chill for at least 4 hours before freezing.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If sorbet is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups, adding mix-ins while dispensing sorbet.

*Nutritional information per serving:*

Calories 139 (2% from fat) • carb. 35g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg  
• calc. 6mg • fibre 1g

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## Fresh Lemon Sorbet

Bits of fresh citrus zest add a burst of flavour to these refreshing sorbets.

Makes about eight ½-cup servings

- 2 cups sugar**
- 2 cups water**
- 1½ cups freshly squeezed lemon juice**
- 1 tablespoon finely chopped lemon zest\***

Combine the sugar and water in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 to 5 minutes. Cool completely. This is called a simple syrup, and may be made ahead in larger quantities to have on hand for making citrus sorbets. Allow to cool completely. When cool, add the lemon juice and zest; stir to combine. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If sorbet is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups, adding mix-ins while dispensing sorbet.

*Nutritional analysis per serving:*

Calories 204 (0% from fat) • carb. 54g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg  
• calc. 5mg • fibre 0g

**Fresh Lime Sorbet:** Substitute 1½ cups freshly squeezed lime juice for the lemon juice and 1 tablespoon finely chopped lime zest for the lemon zest.

**Fresh Lemon-Lime Sorbet:** Use half lemon juice and half lime juice and ½ tablespoon each of finely chopped lemon and lime zest.

**Fresh Pink Grapefruit Sorbet:** Substitute 1½ cups freshly squeezed pink grapefruit juice for the lemon juice, and 1 tablespoon finely chopped grapefruit zest for the lemon zest. Add ¼ cup orgeat syrup to the mixture (orgeat syrup is used for cocktails such as a mai tai or scorpion and can be found with the drink mixers in most grocery stores).

\*When zesting a lemon or lime use a vegetable peeler to remove the coloured part of the citrus rind.

## Dark Chocolate Sorbet

Makes about ten ½-cup servings

- 2½ cups water**
- 1½ cups brown sugar, packed**
- 1½ cups unsweetened cocoa powder**
- 1 teaspoon cinnamon**
- 1 tablespoon pure vanilla extract**

Combine the water and sugar in a 3½ litres saucepan and place over medium heat. Stir until the sugar dissolves. Whisk in the cocoa and cinnamon; bring mixture to a simmer. Simmer for 3 minutes, stirring constantly. Remove from heat and pour through a fine strainer into a bowl. Stir in the vanilla. Cover and chill in the refrigerator for 8 hours.

Stir the chilled mixture. Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If sorbet is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups, adding mix-ins while dispensing sorbet.

*Nutritional information per serving:*

Calories 151 (11% from fat) • carb. 37g • pro. 2g  
• fat 2g • sat. fat 1g • chol. 0mg • sod. 89mg  
• calc. 44mg • fibre 4g

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## Orange Creamsicle Sherbet

Makes about eight ½-cup servings

- 1¾ cups frozen orange juice concentrate, thawed**
- ¼ cup granulated sugar**
- 1½ cups whole milk**
- 2 teaspoons pure vanilla extract**
- ½ cup fat free or regular half-and-half\***

Place the orange juice concentrate, sugar, milk, and vanilla in a blender jar (or food processor fitted with the metal “s” blade) and blend on high until smooth and homogenous. Transfer to a medium bowl and stir in half-and-half\* with a whisk. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If sherbet is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing sherbet.

*Nutritional information per serving:*

*Calories 142 (11% from fat) • carb. 29g • pro. 2g  
• fat 2g • sat. fat 1g • chol. 7mg • sod. 46mg  
• calc. 85mg • fibre 0g*

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

## Peaches & Cream Sherbet

Makes about eight ½-cup servings

- 1 450g peach slices (fresh or frozen, thawed)**
- ⅔ cup granulated sugar**
- ½ cup peach nectar or juice**
- 1½ tablespoons fresh lemon juice**
- ¾ cup whole milk**
- ¾ cup fat free or regular half-and-half\***
- ¼ teaspoon pure almond extract, optional**

Place the peaches, sugar, peach nectar, and lemon juice in a blender jar (or food processor fitted with the metal “s” blade) and blend on high until smooth and homogenous. Add milk and blend until homogenous. Add almond extract if using. Transfer to a bowl and stir in half-and-half\*. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If sherbet is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen sherbet.

*Nutritional information per serving:*

*Calories 122 (8% from fat) • carb. 27g • pro. 2g  
• fat 1g • sat. fat 1g • chol. 4mg • sod. 51mg  
• calc. 50mg • fibre 1g*

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

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## Piña Colada Sherbet

Makes about ten ½-cup servings

- 1 560g can pineapple tidbits or chunks, packed in juice, not drained**
- 1/3 cup (medium pack) sweetened coconut flakes**
- 2/3 cup granulated sugar**
- 1 tablespoon fresh lime juice**
- 3/4 cup whole milk**
- 1 cup lite coconut milk**
- 1 teaspoon pure vanilla or rum extract**

Place the pineapple, coconut, sugar, coconut milk and lime juice in a blender jar (or food processor fitted with the metal “s” blade) and blend on high until smooth and homogenous. Stir in milk with a whisk. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen yoghurt is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen yoghurt.

*Nutritional information per serving:*

*Calories 157 (20% from fat) • carb. 31g • pro. 2g  
• fat 4g • sat. fat 3g • chol. 4mg • sod. 26mg  
• calc. 47mg • fibre 1g*

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## Root Beer Float Sherbet

Tastes just like the soda shop favourite.

Makes about ten ½-cup servings

- 1 350ml bottles root beer, allowed to go flat or somewhat flat**
- 1/2 cup lowfat sweetened condensed milk**
- 1/2 cup lowfat or regular half-and-half\***

Place all ingredients in a medium bowl and stir to blend. If not freezing immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If sherbet is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing sherbet.

*Nutritional information per serving:*

*Calories 86 (8% from fat) • carb. 18g • pro. 2g  
• fat 1g • sat. fat 1g • sod. 43mg  
• calc. 55mg • fibre 0g*

\*Half-and-half is a term used for half full cream and half whole milk mixed together.

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## Banana Maple Tofu Frozen Dessert

Makes about eight ½-cup servings

- 1 cup vanilla soy milk (calcium-enriched suggested)**
- 2/3 cup pure maple syrup**
- 1 medium banana, peeled, cut into 2.5cm pieces**
- 1½ teaspoons pure vanilla extract**
- 1 pound silken tofu, drained, cut into 5cm pieces**

Place all ingredients in a blender jar in the order listed. Blend on high speed until completely smooth and homogenous, about 40 to 50 seconds. If not making frozen dessert immediately, cover and refrigerate until ready to use.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen dessert is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen dessert.

*Nutritional information per serving:*

Calories 171 (19% from fat) • carb. 29g • pro. 6g  
• fat 4g • sat. fat 0g • chol. 0mg • sod. 32mg  
• calc. 111mg • fibre 1g

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## Chocolate Velvet Tofu Frozen Dessert

A chocolaty treat for those who cannot have milk/dairy-based desserts.

Makes about eight ½-cup servings

- 1 cup vanilla soy milk (calcium - enriched suggested)**
- 1/2 cup packed brown sugar**
- 1/2 cup granulated sugar**
- 1/2 cup unsweetened cocoa powder**
- 1½ teaspoons pure vanilla extract**
- 1 pound silken tofu, drained, cut into 5cm pieces**

Place all ingredients in a blender jar in the order listed. Blend on high speed until completely smooth and homogenous, about 40 to 50 seconds. If not making frozen dessert immediately, cover and refrigerate.

Turn on ice cream maker and pour in ingredients. Allow to mix and freeze until desired serving consistency is reached. Begin checking consistency after 12 to 15 minutes of freezing. If frozen dessert is not thick enough, pour back into the freezer bowl and continue mixing/freezing until desired consistency is reached, checking every few minutes.

Serve in cups or cones, adding mix-ins while dispensing frozen dessert.

*Nutritional information per serving:*

Calories 185 (17% from fat) • carb. 33g • pro. 5g  
• fat 4g • sat. fat 0g • chol. 0mg • sod. 34mg  
• calc. 94mg • fibre 1g



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