

Lemon Ice Cream

Looking for something cold and sweet, but not so rich? This recipe uses Stevia instead of sugar for sweetening, making it a healthier treat.

Ingredients:

1 -1/2 cups/ 375 ml. goat milk

1 egg

1/2 tsp gelatine (mixed in 1/8 cup warm water and let stand until clear)

1/4 tsp stevia powder

juice from 1 lemon

zest of 1/2 lemon

Directions:

Beat egg and Stevia powder together until creamy.

Add lemon and zest and beat until combined.

Add goats milk & gelatine and beat until well combined and fluffy.

Refrigerate for approximately 1 hour.

Process in Ice-Cream Maker for 20-30 minutes.

Place in container in freezer.

NOTE: If you do not have an ice-cream maker, freeze in shallow tray for 1/2 to 1 hr and return to bowl and beat. Repeat this process once more and then place in container and freeze.

More suggestion:

You can add any fruit to this ice-cream and also chocolate if you wish.