



# Thickened Ice Cream

IDDSI LEVELS **4**



## INGREDIENTS

	2 Servings	10 Servings
THICK & EASY® gel mixture, prepared (see directions)	1 Tbsp	5 Tbsp
Ice Cream	1 cup	5 cups

## NUTRITION

SERVING SIZE 1/2 cup

### VANILLA

Calories: 133  
Fat: 7g  
Protein: 2.3g  
Carbs: 16g

### CHOCOLATE

Calories: 143  
Fat: 7g  
Protein: 2.5g  
Carbs: 19g

### CHERRY GARCIA

Calories: 260  
Fat: 16g  
Protein: 5g  
Carbs: 26g

### CHOCOLATE CHIP

Calories: 300  
Fat: 20g  
Protein: 5g  
Carbs: 26g

## DIRECTIONS

### THICKENED GEL

1. Add 9 scoops of **THICK & EASY® Clear Food & Beverage Thickener** (Item #25544) using included scoop, or 2 1/4 tablespoons, to an empty dry glass or container (round bottom).
2. Measure 3 oz. of cold water into a glass or container and quickly pour into the dry container described above, and stir rigorously with a whisk or fork (keep distance of the water-containing glass high above the dry glass (which contains the clear thickener) to help create the mixing effect).
3. Mix until texture is smooth with no lumps.
4. Let stand for 2 minutes. This thickened liquid turns into a gel.
5. The thickened liquid is good for 5 servings use (~20 g thickened liquid for each serving (1 tablespoon)).

### THICKENED ICE CREAM

1. CCP: Keep ice cream frozen at 0° F or less until ready to use. Soften ice cream for 15 minutes and scoop to place in food processing bowl.
2. Process ice cream and gel mixture until mixed or particles in ice cream are thoroughly pulverized.
3. Pour/scoop into individual serving dishes or one container suitable for freezing.
4. CCP: Freeze at 0° F or less.
5. Remove from freezer when ready to serve.

CCP STANDS FOR CRITICAL CONTROL POINT. IT IS USED BY FOOD SERVICE PROFESSIONALS FOR FOOD SAFETY PURPOSES.

NOTE: This thickened ice cream recipe does not thin at room temperature. Pureeing ice cream blends THICK & EASY® Clear Food & Beverage Thickener well and a wide variety of ice cream flavors can be used, even chocolate chips! Final texture is soft spoonable at room temperature. Enjoy a wider variety of flavors and less cost than purchased thickened desserts.