



One of the most popular ways to use extra kefir! Make it with vanilla, or try one of the variations listed below.

Ingredients:

* 2 eggs eggs eggs
* ¾ cup organic sugar (or 5 tablespoons raw honey) organic sugar (or 5 tablespoons raw honey) organic sugar (or 5 tablespoons raw honey)
* 2 cups [milk kefir](http://www.culturesforhealth.com/milk-kefir) [milk kefir](http://www.culturesforhealth.com/milk-kefir) [milk kefir](http://www.culturesforhealth.com/milk-kefir)
* 1 cup heavy cream [kefir cream](http://www.culturesforhealth.com/kefir-cream-recipe) or heavy cream [kefir cream](http://www.culturesforhealth.com/kefir-cream-recipe) or heavy cream
* 2 tsp. vanilla extract vanilla extract vanilla extract
1. **Beat** eggs well; **beat** in sugar. Start with a conservative amount of sweetener and **add** in small increments to taste; keep in mind that the finished ice cream will be slightly less sweet than the kefir mixture before it’s frozen
2. **Blend** in milk kefir, heavy cream and vanilla.
3. **Transfer** to an ice cream maker and follow manufacturer's instructions..

Flavor Variations:

* Add ⅔ cup organic cocoa powder. Increase the amount of sweetener to taste.
* Add ½ to 1 cup crushed strawberries.
* Decrease the amount of vanilla extract and add 1-3 teaspoons mint extract. If desired, add organic dark chocolate chips or a 3-ounce organic dark chocolate bar, chopped.
* Turtle: Add toasted organic unsweetened coconut flakes, toasted organic pecans,  and organic dark chocolate chips. Drizzle with raw honey or homemade caramel sauce.

Milk and Honey Homestead

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