



ICE CREAM

SUBMITTED BY: Katie Eberth, Cath Lab

DIRECTIONS:

1. Whipping cream - whipped in a cold bowl until stiff peaks add 1 can of sweetened condensed milk.
2. Flavour to taste (ex. 1 tsp vanilla extract)
3. Freeze and enjoy!

INGREDIENTS:

500ml whipping cream

1 can of sweetened condensed milk

1 tsp vanilla extract, optional