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# YONANAS : 200 HEALTHY FROZEN DESSERT RECIPES TO ENJOY WITH YOUR FAMILY AND FRIENDS

by  
Stanley Marianski



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## Synopsis

Are you looking for some delicious and healthy frozen dessert recipes to enjoy with your family and friends? If yes, then keep reading! Frozen desserts are amazing! And it is no surprise that they are a big business. Yet, despite advances in technology, many makers of frozen desserts still struggle to get the same kinds of flavors and textures in their frozen desserts as they are able to get in their traditional non-frozen products. Yonanas has developed a way to make low-fat, low-sugar frozen desserts from the products kids already love to eat the most: Fresh Fruit! Yonanas machines blend the fruit with frozen bananas, and Yonanas has a patented process that makes the result superior to any other machine available on the market today. This book covers: • Texture Guide • Ice Cream Recipes • Sorbet Recipes • Popsicles • Cake and Pies • Healthy Dessert And So Much More! The benefits of Yonanas ice cream are very simple: They are the best, they are cheaper to make than actual ice cream, and no one can beat them at making an excellent, delicious dessert. As a successful business grower, Yonanas has been taught that if you know you can do something better than other people, you must do it! Now is the time for Yonanas to expand out into the world. This will be a long but meaningful process. But it will be worth it! Frozen desserts are the future! Ready to get started? Click the BUY NOW button!

## Sort review

About the Author Stanley Marianski is the author of eleven books which include topics on meat smoking, pickling and making alcoholic beverages. Stanley actively participates in many forums and conferences related to meat smoking; he is a regular participant of the Wedliny Domowe National Conference in Poland where purveyors of meat products get the opportunity to showcase their goods. His main objective in writing his books which always contain diagrams is to help the reader "understand the sausage making process" and then "create his own recipes." His passion for creating unique sausage blends have been handed down from generations and he looks forward to continue sharing this passion with sons who also co-authored most of his books.

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Introduction

Healthy desserts are easier to make than you think. This is a frozen dessert that is as healthy for you as it is delicious. You will find that it is made from things that you may already have in your kitchen. The dessert is called 'Yonanas'. It is made with frozen bananas that are frozen and placed in a food processor. They are processed until they have the consistency of soft-serve ice cream. The Banana soft serve is then mixed with olive oil, cinnamon, honey, and vanilla. After this, the mixture is put in a pan and freeze in the freezer for about 24 - 36 hours. The last hour of freezing the Yonanas is evenly sliced and then carefully arranged on a plate in a circular pattern. They are finished with a drizzle of honey. These desserts can be eaten almost like you would eat soft serve ice cream. You can take a spoon and eat it, or you could make a sundae. They are simple enough that a child could make them, so they could even make them for their family if they wanted to. The benefits of the yonanas are that it contains no added sugar or artificial sweeteners. With the market saturated with blenders and ice cream makers, the Yonanas was a simple recipe to perfect. The Yonanas frozen desserts are gluten-free and vegan. They also contain no cholesterol. The Yonanas includes a large amount of potassium. It also is a good source of vitamin C and magnesium. Yonanas is an excellent source of fiber. The Yonanas may be kept frozen for long periods. They are a fun dessert to eat, and they are nutritious.

Pros & Cons

We consider the Yonanas Healthy Dessert Maker® to be a fantastic choice for your household frozen dessert appliance. We want you to weigh all your options. Make informed decisions. Here are some Pros and Cons of the machine.

Pros

Healthy-Frozen fruits make this a healthy option. Less sugar and dairy-free, if you want. You choose your ingredients. You control what goes into the machine. There are so many options, both healthy and not so healthy. The elements and combinations are endless. Super easy to use-Fill the chute, press down on the plastic plunger to send ingredients through the tube and enjoy. It is that easy. 1-2-3. Multipurpose-Dishwasher safe- Even though you have to take apart and rinse the individual pieces, you can quickly pop them into the dishwasher. The lightweight-The machine itself is super lightweight and very easy to move around. You can take it to a friend's house or an event so quickly. It's fun to experiment- This is the number one reason to purchase the Yonanas Healthy Dessert Maker. It's fun. The possibilities are endless. You can toss in whatever sweet treats you have lying around your home and have an instant creamy dessert.

Cons

Noisy- While this machine is not much more robust than a blender, many users have mentioned that it is deafening. The Yonanas Elite Frozen Healthy Dessert Maker® is said to be a bit quieter. Not a breeze to clean-Dishwasher safe doesn't mean pop the whole thing into the dishwasher. Frozen fruits can be tricky and get sticky if not rinsed right away. Unscrewing the parts and rinsing them under warm water or soaking them for a while can help cut back on the cleaning issues many users complain about. Letting the fruit thaw-The guide book suggests letting the frozen fruit sit on the counter for about 5 – 10 minutes. But waiting that extra time can be hard to do. When you want ice cream, you want it right then. But if the fruit doesn't thaw the texture is very gritty and not as creamy as it should be. So, pause for the cause and wait that extra few minutes. Challenging to make large quantities-It could take a while if you're trying to feed a bunch of people, and by the time you've popped out 4 bowls the first bowl is well on its way to fully melt. Many leftovers

caught inside the machine-This can be wasteful, not to mention the number of ingredients it can take to create one actual serving. Chapter 1. Texture Guide

Not all frozen treats are created equal. Different desserts are made with different ingredients, thus yielding different textures and flavors. Here is a cheat sheet to help you decide which one suits you best.

**Ice Cream**Cool and creamy, this dessert is usually made with milk. It also typically contains sugar or corn syrup for a very sweet flavor.

**Sorbet**If fruit is your thing, then sorbet should be your go-to frozen treat. The texture is rough and somewhat icy, as sorbet is almost always dairy free. Flavors are refreshing and zestier tasting than creamy.

**Sherbet**Not to get confused with sorbet, Sherbet typically contains dairy. The taste is similar to sorbet in that it is refreshing and fruity, but sherbet will have a creamier texture and flavor because of the dairy content. Keep in mind that nondairy milk will yield equally smooth results, so don't rule sherbet out completely if you're going for a dairy-free dessert.

**Popsicle**Popsicles aren't always frozen, icy treats, some can have a fudgy or creamy texture. Most popsicles are frozen using popsicles trays with sticks, but Popsicle bites are becoming a new trend. Using ice cube trays, with no sticks, Popsicle recipes can be transformed into bite-sized treats in fun shapes. The bites are also easier to transport in baggies or containers.

**Gelato**Rich. Decadent. Elegant. All words that accurately describe gelato. It is almost always higher in sugar and will have a softer texture as it does not freeze completely.

**Frozen Yogurt**Made with Yogurt. Whether it is Greek yogurt, regular yogurt, low-fat, or coconut yogurt you can bet on yogurt being in your...well.... frozen yogurt. While sugar is sometimes added, this frozen treat has a little bit of a bite or hint of sour to it because yogurt is the main ingredient. Fruit and chocolate compliment almost any fro-you flavor.

**Pantry Stocking Guide**The possibilities with your Yonanas Healthy Dessert Maker® are virtually endless. The good news is that many recipes use the same, or similar, ingredients. You can always make ahead and freeze your treats. Since many of these ingredients come frozen or are non-perishable, it makes sense to purchase them in bulk. List of the most mentioned ingredients in this book. Use it as a guide for your shopping list.

**Sugar:** you can always use natural sweeteners, but if you choose to use sugar try to find a quick dissolve, super fine sugar. Regular sugar can also be run through a food processor to make it finer. It makes for a less grainy texture. Honey, agave nectar or stevia: natural sweeteners are a go-to for healthy desserts. The taste isn't changed that much and they are low-glycemic. The honey and nectar can also create a nice binding agent for some recipes.

**Frozen Bananas:** buy them in bulk, like they are going out of style. Most recipes will call for a banana or 2. You can buy pre-sliced frozen bananas in very large quantities.

**Cheetah spotted bananas:** stock up on fresh bananas too. The cheetah spotted ones are the sweetest. Be sure they are "cheetah spotted" and not completely brown. Peel and slice into 1/4 inch thick pieces. Store in a freezer bag or container for future use.

**Frozen fruits:** every recipe is going to call for some kind of frozen fruit. The possibilities are limitless, so buy any frozen fruit you like. Strawberries, blueberries, raspberries, blackberries, cherries, melons, peaches, pineapples, and mangos are some of the most popular. Fresh fruits: buy and freeze your favorites. Pineapples, mangos, peaches, kiwi, and grapes are some of the popular fruits that are difficult to find already frozen. Just buy the fruit fresh, slice into 1/4 inch thick pieces and freeze in freezer bags or containers until you're ready to use them.

**Peanut butter:** peanut butter can be pretty awesome in frozen treats. Stock up if that's your thing.

**Nutella:** everyone's hazelnut favorite.

**Cocoa powder:** sweetened or unsweetened, cocoa powder is found in the chocolate recipes. A lot goes a long way, plus you can usually find it in an easily sealable container.

**Milk:** chose your flavor. Many healthy options are available like almond, soy, and coconut milk and come in different flavors. The boxed milk can be found on the shelf and not refrigerated. You can store these in your pantry until you are

ready to use. Canned coconut milk: not to be confused with boxed or refrigerated coconut milk. Canned coconut milk separates. The top part is usually a thick layer of what is referred to as "coconut cream", and the bottom part is "coconut milk". All recipes will call for the canned milk to be refrigerated. It is okay to store the can in the fridge before it has been opened. Greek yogurt: Greek yogurt has a thicker consistency than regular yogurt. This helps for a thicker dessert. Its flavor is also a little bit tarter than regular yogurt. Be sure to buy regular, vanilla and low-fat or fat-free varieties. Toasted nuts: walnuts, pecan, cashews, peanuts. Choose whichever nuts you would like to use. Typically, a garnish. Coconut flakes: toasted coconut flakes compliment many desserts. Chocolate chips: used as a garnish and also as chunks run through the machine. Regular size or minis. Sprinkles: rainbow, colored or chocolate! Jazz up your dessert. Dark chocolate: choose bars of dark chocolate. Recipes range from 70%-85%. Cookies: pies and cakes use different cookie crumbs for the crust. Graham crackers, Oreos, and gingersnaps are some of the most popular. Canola Oil: a few tablespoons of canola oil are added to cookie crumbs to make pie crusts. Eggs: large. Pie crusts: frozen pie crusts can cut back on prep time. Lemons and limes: add a little kick. Many of the refreshing recipes will ask for lemon and lime zest or juice. Extracts: vanilla, almond, and peppermint are some of the big ones. Coffee: get your breakfast juice on. Seriously, everyone needs and excuse eating ice cream for breakfast. So, try some coffee recipes and give yourself a reason. Taste Hacking Guide Let's be honest, while smoothies and blended treats can be the easiest to make, things can, and do, go terribly wrong. Not everything turns out the way it should, resulting in an end product being too bitter, too thin, too thick, or even too sweet (yes that is actually a thing). Not to worry, here are some simple fixes for your Yonanas Healthy Dessert Maker®.

1. When it's too bitter While green veggies can be a main component of smoothies, they can also be the main contributor to that unwelcome bitter taste. But don't remove the greens! Try using baby spinach because it has a gentler flavor. Use sweeter fruits. Try pairing greens with fruits like bananas, pineapples, dates, blueberries, or strawberries. The sweet flavors will complement the bitter greens and make them not as harsh. Stevia, honey, agave nectar, and vanilla are some great natural sweeteners that will help counteract any bitterness, but be careful; a little goes a long way. If a sweet flavor wouldn't be your first choice, opt for some lemon or lime juice. The juice cuts through the bitterness and can create a refreshing, cool taste. Consider adding protein powder too. Not only will it boost protein intake of course, but the powders come in fun flavors that can add a twist to any treat.
2. When it's too sweet It happens. Every once in a while, you get a super sweet smoothie. The first fix is if you're adding sugar or other sweeteners, just don't. The smallest amount can add an explosion of flavor. Consider using low-glycemic fruits like blackberries, grapefruits or avocados. If using milk or other additives opt for the unsweetened or sugar-free version. And of course, the end-all, be-all, fix-all is to add some lemon or lime juice and get a refreshing burst of flavor instead.
3. When it's too thick If your smoothies come out too thick, try adding some water, milk, coffee or juice, but be sure not to add too much. Use less frozen and fresher. Sometimes the frozen fruits can be too thick and hard and not produce enough juice to thin out the smoothie. Next time try alternating liquids and solids, putting liquids in first.
4. When it's too thin Sometimes they come out too thin. We're going for smoothies and frozen treats here folks, not juices! If you run into this super common issue, try using fruits with thick skins. Peaches, mangos, dates and apricots make perfect thickeners. Bananas, avocados, and Greek yogurt are great too. Alternate the adding of liquids and solids. Add fruits and veggies first. This prevents all the liquid from pooling. Guar gum and xanthan gum are great options, especially for alcoholic treats that tend to get runny. Both are gluten-free. They function like gluten and help to bind and create volume. Just like sweeteners,

a little of these additives go a long way. Try only using 1/8 of a teaspoon; otherwise, you will have another consistency issue on your hands. 5. When it's too sour Some desserts are made to be tangy and sour, but then again too much of anything is never a good thing. Try adding more bananas or other sweeter fruits to help offset the sourness. If the recipe calls for milk or other liquids trying to add an additional tablespoon, just don't overdo it or it will get runny. When all else fails, add some sugar or natural sweeteners like honey, agave nectar or stevia.

## Chapter 2. Ice Cream Recipes

### 1. Cherry Vanilla Frozen

Preparation Time: 1 hour and 45 minutes  
Cooking Time: 1 hour  
Servings: 6-8  
Ingredients: 2 cans pitted dark sweet cherries, drained  
2 cups vanilla Greek yogurt  
1 can evaporated milk  
1/3 cup white sugar  
1/2 cup half-and-half  
1/2 cup milk  
1 jigger crème de cassis liqueur

Directions: Squeeze cherries in a food processor until chopped. Transport to a bowl. Attach yogurt, evaporated milk, sugar, half-and-half, milk, and crème de cassis liqueur; mix well. Stream into an electric mixer and mix. Flow the chilled mixture into a freeze-proof container and freeze until it reaches the right mixture. Transport frozen yogurt to a one- or two-quart lidded plastic container, use plastic wrap to cover.

Nutrition: Calories: 165 Protein: 138 g Carbs: 23 g Fat: 10 g Sugar: 8g

### 2. Almond Delight Ice Cream Recipe

Preparation Time: 1 hour and 45 minutes  
Cooking Time: 1 hour  
Servings: 4  
Ingredients: 1 1/2 cups white sugar  
4 large eggs, beaten until light and fluffy  
4 cups heavy whipping cream  
2 cups milk  
4 teaspoons vanilla extract  
4 teaspoons almond extract  
1 1/4 cups sliced almonds

Directions: Beat sugar in to the eggs in small amounts, assuring each addition dissolves completely before introducing the next. Whip cream, milk, vanilla extract, and almond extract into the egg mixture. Stream into the container of an ice cream maker and freeze.

Nutrition: Calories: 185 Protein: 168 g Carbs: 25 g Fat: 15 g Sugar: 18g

### 3. Amaretto Ice Cream

Preparation Time: 2 hours and 45 minutes  
Cooking Time: 3 hours  
Servings: 4-8  
Ingredients: 2 cups heavy whipping cream  
1 cup half-and-half  
3/4 cup white sugar  
5 tablespoons amaretto liqueur  
1 teaspoon vanilla extract

Directions: Merge heavy cream, half-and-half, and sugar in a huge bowl until sugar is dissolved. Add amaretto liqueur and vanilla extract. Stream milk mixture into an ice cream maker and freeze based on the manufacturer's instructions until ice cream reaches 'soft-serve' consistency. Transfer ice cream to a lidded container. Freeze for about 2 hours before serving.

Nutrition: Calories: 185 Protein: 168 g Carbs: 25 g Fat: 15 g Sugar: 18g

### 4. Apple Pie Ice Cream

Preparation Time: 2 hours  
Cooking Time: 1 hour and 30 minutes  
Servings: 4-8  
Ingredients: 8 oatmeal cookies, crushed  
2 tablespoons melted butter, divided  
2 large apples, peeled, cored and sliced  
3 tablespoons white sugar  
1 teaspoon ground cinnamon  
3 cups whipping cream  
1 1/2 cups half and half  
1 cup white sugar  
3 large eggs  
1/2 teaspoon vanilla extract  
2 1/4 teaspoons ground cinnamon  
1/4 cup toasted walnuts  
1/4 cup caramel ice cream topping

Directions: Preheat oven to 375 degrees. Merge the crushed cookies with melted butter, and squeeze onto a baking sheet. Bake in preheated oven for 5 minutes, then remove, allow cooling completely. Dissolve the rest of the of butter and whip in the apples, 3 tablespoons sugar, and 1 teaspoon cinnamon. Cook before apples have lightly browned, and the sugar has begun to caramelize, about 10 minutes. Remove from the pan, and invite to cool completely. Merge the cream, half and half, 1 cup sugar, eggs, vanilla, and 2 teaspoons of cinnamon in a sizable bowl; mix to blend well. Stream into an ice cream maker and freeze

Nutrition: Calories: 205 Protein: 68 g Carbs: 125 g Fat: 60 g Sugar: 13.9 g

### 5. Avocado Ice Cream Recipe

Preparation Time: 45 minutes  
Cooking Time: 1 hour and 30 minutes  
Servings: 4-8  
Ingredients: 2 cups water  
1 cup white sugar  
3 small avocados, peeled and pitted  
1 can evaporated milk  
1/2 cup 1% milk  
3 tablespoons lime juice

Directions: Stream the water into a saucepan, and boil; whip in sugar until dissolved. Take the syrup back again to a boil, reduce heat, and boil gently until the syrup is reduced to at least one 1 cup, about ten

minutes. Remove from heat, and allow cooling. Crush the avocados to your desired consistency. Merge in the evaporated milk, and lime juice. Whip in the cooled sugar syrup until completely incorporated. Stream the chilled mix into an ice cream maker, and freeze. Pack the ice cream right into a lidded container, and freeze until firm, at least one hour. Nutrition: Calories: 205 Protein: 68 g Carbs: 125 g Fat: 60 g Sugar: 13.9 g

6. Japanese Red Beans Ice Cream Preparation Time: 45 minutes Cooking Time: 1 hour and 30 minutes Servings: 4-8 Ingredients 1 cup dry adzuki beans 1/3 cup white sugar 2 teaspoons lemon juice 3 1/2 cups water 1 cup milk 1 cup heavy cream 4 large eggs yolks egg yolks 2/3 cup white sugar 1 teaspoon vanilla extract Directions: Merge the red beans, 1/3 cup of sugar, lemon juice and water. Until it boil, and boil uncovered for three minutes. Decrease the heat to low, and simmer for 2 1/2 to 3 hours, or before beans are very tender. Shear the bean mixture through a sieve Merge the milk and cream. Whip together the egg yolks and 2/3 cup of sugar in a bowl. Serve about 1/4 cup of the hot liquid into the bowl with the egg yolks, and whip until smooth. Steam the yolk mixture into the pan with the cream, and cook over low heat. Refrigerate until cold. Once both mixtures are cold, whisk them together. Stream into an ice cream maker, and freeze. Nutrition: Calories: 105 Protein: 98 g Carbs: 175 g Fat: 67 g Sugar: 17 g

7. Banana and Peanut Butter Ice Cream Preparation Time: 1 hour and 45 minutes Cooking Time: 1 hour and 30 minutes Servings: 8 Ingredients 2 slightly overripe bananas cut into chunks 1 teaspoon confectioners' sugar 1 1/2 teaspoon milk 2 teaspoon vanilla extract 1 teaspoon peanut butter Directions: Set the banana chunks on a plate; freeze until solid, about 2 hours. Merge frozen bananas, confectioners' sugar, milk, and vanilla extract together in a blender add peanut butter and blend until smooth. Nutrition: Calories: 155 Protein: 95 g Carbs: 145 g Fat: 69 g Sugar: 19 g

8. Banana Ice Cream Preparation Time: 1 hour and 45 minutes Cooking Time: 1 hour and 30 minutes Servings: 8 Ingredients 2 cups skim milk 1/2 can evaporated milk 1/4 cup white sugar 1 teaspoon vanilla extract 2 medium bananas, mashed 1/2 cup golden raisins Directions: Merge together the skim milk, evaporated milk, sugar and vanilla. Stream into an ice cream maker, and freeze based on the manufacturer's instructions. When the ice cream is processed, add the bananas and raisins and let them mix in. Transport to a freezer container, and freeze overnight before serving to enhance the texture. Nutrition: Calories: 155 Protein: 95 g Carbs: 145 g Fat: 69 g Sugar: 19 g

9. Banana Mud Ice Cream Preparation Time: 45 minutes Cooking Time: 1 hour and 30 minutes Servings: 4 Ingredients 1 banana, sliced 2 tablespoons coconut milk 1/4 cup unsweetened cocoa powder 1 scoop protein powder 2 tablespoons peanut butter 2 tablespoons maple syrup 1 packet stevia powder Directions: Transport sliced banana into fridge for 6 hours. Mingle banana and coconut milk together in a small food processor or small blender until just smooth. Attach cocoa powder, protein powder, peanut butter, maple syrup, and stevia powder; blend until smooth. Nutrition: Calories: 165 Protein: 93 g Carbs: 45 g Fat: 169 g Sugar: 19 g

10. Banana Pudding Ice Cream Preparation Time: 45 minutes Cooking Time: 1 hour and 30 minutes Servings: 4-5 Ingredients 1 1/2 cups half-and-half 1/2 cup packed light brown sugar 1/2 cup white sugar 1 pinch salt 2 large eggs, beaten 1 cup heavy whipping cream 1 teaspoon vanilla extract 2 medium very ripe bananas, 1/2 1 cup crushed vanilla wafers Directions: Merge brown sugar, white sugar, and salt in a saucepan cook and whisk until sugars are dissolved, about five minutes, whisk eggs into mixture until well combined. Transport egg mixture back to pan. Cook and whisk mixture until cream mixture is thickened and coats the trunk of a spoon, 5 to 10 minutes. Detach saucepan and whisk in vanilla extract. Stream cream mixture over a fine mesh sieve and let it cool. Stir mashed bananas into cooled cream mixture. Stream banana cream mixture into an ice maker and freeze. Nutrition: Calories: 265 Protein: 193 g Carbs: 45

gFat: 169 gSugar: 19 g11. Banana Split Ice CreamPreparation Time: 45 minutesCooking Time: 1 hour and 30 minutesServings: 4-5Ingredients2 cups white sugar3 tablespoons all-purpose flour1/2 teaspoon salt1 quart milk1 can evaporated milk6 large eggs, beaten1 tablespoon vanilla extract1 quart chocolate milk2 packages frozen strawberries, thawed3 medium bananas, diced1 can crushed pineapple, with juiceDirections:Merge the sugar, flour, salt, milk and evaporated milk. Cook, until mixture is slightly thickened. Stream a little amount of hot milk into the beaten eggs, stirring to merge. Then detach the milk mixture from heat and stir the eggs into the milk until fully incorporated.Whip in vanilla, chocolate milk, strawberries, bananas and pineapple using its juice. Stream into the freezer canister and chill in refrigerator until quite cold then freeze.Nutrition:Calories: 265Protein: 193 gCarbs: 45 gFat: 169 gSugar: 19 g12. Banana Walnut Ice CreamPreparation Time: 45 minutesCooking Time: 1 hour and 30 minutesServings: 4-5Ingredients2 1/2 cups half-and-half8 large eggs yolks egg yolks, beaten1 cup white sugar2 1/2 cups heavy whipping cream2 bananas3/4 cup half-and-half1 cup walnutsDirections:Heat 2 1/2 cups of the walnuts, heat until small bubbles start to form around the edges. Remove from heat and reserve.Merge the egg yolks and sugar in a huge bowl until smooth. While stirring, slowly pour the half-and-half in to the egg mixture. Transport the mixture to the saucepan and heat again over medium heat until bubbles start to create around the edges. Remove from heat and go back to the bowl. Stir in the heavy whipping cream.Stream the bananas and blend until smooth. Add puree to bowl and mix well. Cover and refrigerate until cold, three to four 4 hours.Stream mixture into cylinder of ice cream freezer and freeze.Nutrition:Calories: 265Protein: 193 gCarbs: 45 gFat: 169 gSugar: 19 g13. Bananas Foster Ice CreamPreparation Time: 1 hourCooking Time: 1 hour and 30 minutesServings: 4-5Ingredients1 ripe banana1/3 cup splendid brown sugar blend1/4 cup spiced rum1 fluid ounce banana liqueur1 1/2 cups low fat evaporated milk2 cups low-fat milk1 1/2 teaspoons almond extract1 package instant French vanilla puddingDirections:Slice the banana right into a few pieces and place in the plate of a food processor together and blend, rum, and banana liquor. Whisk in the evaporated milk, low-fat milk, almond extract, and vanilla pudding; pulse until evenly blended. Pour right into a bowl and refrigerate at least 30 minutes.Transport the chilled banana mixture to the cylinder of an ice cream maker and freeze.Nutrition:Calories: 285Protein: 183 gCarbs: 95 gFat: 19 gSugar: 10 g14. Banana Nut Ice CreamPreparation Time: 1 hourCooking Time: 1 hour and 30 minutesServings: 6Ingredients8 small ripe bananas1 can sweetened condensed milk1 package instant vanilla pudding mix2 1/2 cups whole milk2 cups heavy whipping cream1 cup light whipping cream1 cup chopped almondsDirections:Set bananas in a blender and blend.Stir sweetened condensed milk with pudding mix in a huge bowl. Stir in banana puree, dairy, heavy whipping cream, and light whipping cream until smooth. Chill pudding mixture in freezer for one hour, scraping down sides and stir after thirty minutes.Stream the chilled mixture into an ice cream maker and freeze. Slowly stir in almonds. Transport ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal.Nutrition:Calories: 285Protein: 183 gCarbs: 95 gFat: 19 gSugar: 10 g15. Bittersweet Chocolate and Stout Beer Ice CreamPreparation Time: 1 hour and 45 minutesCooking Time: 1 hour and 30 minutesServings: 6Ingredients1 cans heavy cream1 bittersweet chocolate chips3/4 cup sugar1 pint stout beerDirections:Warmth the heavy cream until it starts to bubble.Detach from the heat and stir in the chocolate and sugar until melted.Stream the chilled mixture into an ice cream maker and freeze.Transport ice cream to a two-quart lidded plastic container; cover surface with plastic wrap and seal.Nutrition:Calories: 185Protein: 183 gCarbs: 195 gFat: 132 gSugar: 12 g16. Black Walnut Ice CreamPreparation Time: 1 hour and 45 minutesCooking Time: 1 hour and 30 minutesServings:



4Ingredients1/2 cup superfine sugar2 cups light cream1 cup half-and-half cream1/2 teaspoon black walnut extract1/2 cup chopped black walnutsDirections:Merge together the sugar, light cream, half-and-half and black walnut extract.Stream into the container of an ice cream maker, and. When ice cream is performed, fold in walnuts, and transfer to a freezer container. Freeze until solidNutrition:Calories: 115Protein: 123 gCarbs: 155 gFat: 12 gSugar: 12 g17. Blackberry Ice CreamPreparation Time: 1 hourCooking Time: 2 hoursServings: 4Ingredients1 pint fresh blackberries1/2 cup white sugar1/2 teaspoon lemon zest2 cups heavy cream1/2 cup whole milk1 teaspoon vanilla extractDirections:Merge blackberries, sugar, and lemon zest in a blender and; process until mixture is pureedStrain the seeds through an excellent mesh sieve and return puree to the meals processor. Add cream, milk, and vanilla extract. Pulse until mixture is whipped, about 30 seconds.Stream mixture into an ice cream maker and freeze.Nutrition:Calories: 185Protein: 223 gCarbs: 155 gFat: 12 gSugar: 12 g18. Blueberry Cheesecake Ice Cream RecipePreparation Time: 1 hourCooking Time: 2 hoursServings: 4-6Ingredients1/4 cup white sugar1/2 tablespoon cornstarch1 1/2 cup water2 cups blueberries1 1/4 tablespoon lemon juice2 1/4 cups graham cracker crumbs1/4 teaspoon ground cinnamon1/2 cup butter,1 vanilla pudding mix4 cups heavy whipping cream3 cups milk1 teaspoons vanilla extractDirections:Merge 1/2 cup sugar and cornstarch until smooth. Stir in blueberries and lemon juice; bring to a boil. Lessen heat to low and simmer until slightly thickened, about 5 minutes. Cover and refrigerate.Preheat oven to 350 degrees FMerge graham cracker crumbs, 2 tablespoons sugar, and cinnamon in a sizable bowl; stir in butter.Let it cool completelyWhip 1 1/2 cups sugar, pudding mix, whipping cream, milk, and vanilla extract in a sizable bowl. Whisk remaining mixture before putting in cylinder to eliminate lumps.Place ice cream, graham cracker mixture, and blueberry sauce three times in a sizable bowl; swirl to combine. Freeze until ready to serve.Nutrition:Calories: 285Protein: 123 gCarbs: 145 gFat: 19 gSugar: 15 g19. Blueberry No-Churn Ice CreamPreparation Time: 1 hour and 40 minutesCooking Time: 2 hoursServings: 4-6Ingredients4 cups blueberries, plus more for serving1/4 cup granulated sugar1 juice and zest of 1 lemon3 cups heavy cream1 sweetened condensed milkDirections:Stream blueberries then transfer to a medium saucepan. Take the mixture to a boil then reduce heat. Simmer until slightly reduced, about 15 minutes. Transport to a bowl to chill, 1 to 2 2 hours. In a sizable bowl utilizing a hand mixer.Merge in sweetened condensed milk until fully combined.Nutrition:Calories: 285Protein: 123 gCarbs: 145 gFat: 19 g

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Skills: 2 in 1: Master Dark Psychology. Use Covert Mind Control Techniques To Influence People, And Learn The Best Ways To Read Body Language Whilst Improving Your Emotional Intelligence, LUCID DREAMING: Pure Mind = No Fear / No Limits: WORKBOOK, TECHNIQUES FOR INDUCING AND EXERCISES, Anger Management for Toddlers: Learn How to Control and Calm Down your Children, Solving Once and for All of Their Anger Issues, Yonanas: The Complete Guide To Preparing Yonanas Frozen Treats With Quick And Delicious Recipes Enjoy Healthy Desserts With Your Family And Improve Your Vitality, Healthy Lifestyle After 40: An Unconventional Guide To Healthy Lifestyle after 40 Without Feeling on a Diet, Keto Diet Cookbook for Women Over 50: 200 Easy & Stress-Free Ketogenic Recipes for Busy Senior Women Who Want to Lose Weight Quickly, Boost Metabolism, Burn Fat, and Feel Younger (21-Day Meal Plan), Mindful Eating: Unlocking the Secrets of Weight Loss and Restoring a Healthy Relationship With Food in Order to Reduce Stress and Stop Hating Your Body, GRILL COOKBOOK FOR BEGINNERS: A Guide to Preparing Delicious and Healthy Foods over the Grill, Wood Gasifier: Living off the Grid: Construction of a Simplified Wood Gas Generator. Guide for beginners on how to Build your gasification system

### **What people say about this book**

Alena N., "Lots of variety!. This cookbook has it all! Fun recipes to make with my children and some "adult" for my husband and I. So much fun!"

The book by Stanley Marianski has a rating of 5 out of 4.2. 11 people have provided feedback.

Introduction Chapter 1.Texture Guide Chapter 2.Ice Cream Recipes Chapter 3.Sorbet Recipe Chapter 4.Popsicles Chapter 5.Cake and Pies Chapter 6.Healthy Desserts Chapter 7.Alcoholic Desserts Chapter 8.Standard U.S./Metric Measurement Conversions Conclusion

## **Book Information**

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