

Homemade Vanilla Ice Cream Recipe Without Eggs



This simple ice cream recipe is egg-free and gluten-free. It's quick and easy to make, no cooking required!



Course Dessert
Cuisine American

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Ingredients

- 2-1/4 cups heavy cream
- 1 cup [raw and/or whole milk](#)
- 1/2 to 3/4 cup [maple syrup](#) to your taste
- 1/8 teaspoon [sea salt](#)
- 2 teaspoons [vanilla extract](#)

Instructions

1. In a large bowl, mix cream, milk, and maple syrup until well blended.
2. Add the sea salt and vanilla. Stir again.
3. Pour mixture into ice cream maker and make ice cream following manufacturer instructions for your machine.
4. Add any mix-ins a minute or two before churning is complete.
5. Freeze for 2 to 3 hours before serving.

Recipe Notes

Eggless ice cream is definitely different to ice cream made with an egg custard base. For best results, keep the following tips in mind:

- **Make in small amounts.** Ice cream made without eggs can become icy if stored for too long. It's best to make only an amount that can be consumed in a few days.
- **Make sure freezer bowl is well frozen.** Many at-home ice cream makers use freezer bowls to aid in freezing and creating the ice cream, along with a churning process. For the best outcome, freeze the bowl thoroughly for at least 24 hours!
- **Chill mixture before churning.** If using any recipe where the ingredients have been heated, it is important that they be completely chilled before churning to ensure the ice cream can become cold enough to freeze.
- **Use high-quality ingredients.** As with all food preparation, the better your ingredients, the better the taste and nutrition!
- **Chop mix-ins appropriately.** Mix-ins should be small in size in order to incorporate well. If pieces are too large, they may not be as comfortable to eat!