

Vanilla Ice Cream

2 1/2 cups Rich's Non-Dairy Creamer
1/2 cup sugar
1 Junket rennet tablet
1/8 tsp salt
1 tsp vanilla
1 tsp cold water

Dissolve Junket tablet in 1 tbsp of cold water. Measure and mix together non-dairy creamer, sugar, salt, and vanilla. Heat to lukewarm. Add Junket mixture and mix well. Pour into ice cream freezer with dasher in place. Let stand for 10 minutes. Freeze. Makes 4 cups.

Per recipe: 80 mg phe, 1.6 g protein
Per serving (1/2 cup): 10 mg phe, 0.2 g protein

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