

Homemade Lowfat Gelato

Recipe Courtesy Chef Bryan Woolley



- 2 cups 1% milk
- 1 cup sugar
- 1/4 cup fat-free powdered milk
- 8 eggs, separated (only yolks needed)
- 1 cup half-and-half
- 1 teaspoon vanilla extract
- 3 cups of cleaned and sliced fruit (strawberries, peaches, raspberries, mangoes, etc)

Directions

1. Pre-freeze your ice cream maker's gel container for 12-24 hours, depending on the temperature of your freezer
2. Heat the milk, sugar and powdered milk in a large pot (4 quarts or larger) with a heavy bottom. Bring the mix to a low simmer over medium heat and stir to dissolve the sugar. Turn the heat down and just keep it warm
3. Put the egg yolks in a medium bowl and whisk on low speed until they are thickened (about 2 minutes). While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended (a few seconds). Pour the egg mixture into the pot of hot milk and increase heat to medium. Stir constantly until it thickens and registers between 170°F and 180°F
4. Stir in half-and-half and vanilla. Cover and chill in the refrigerator for at least 6 hours.
5. About 45 minutes before you want to serve the gelato, puree the fruit in your food processor or blender. Fold the fruit into the milk mixture. Pour the mixture into the freezer bowl.
6. Turn the ice cream maker on and let the maker work until it is thickened, about 20 to 25 minutes. When finished, the gelato should have a soft, creamy texture. Eat immediately or store in freezer at 32 degrees. Makes about 13 servings.

Nutrition Facts

Serving size: 1/2 cup	
Calories per serving	150
Total Fat	5g
Saturated Fat	2.5g
Cholesterol	140mg
Sodium	40mg
Carbohydrate	23g
Dietary Fiber	1g
Protein	4g

Diabetic Exchanges

Protein	1
Carbohydrate	1
Fat	1

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