

Lemon Gelato

This is a delicious and delightful dessert that can be enjoyed by the pool on a hot summer day, or any time of the year including by candle light as part of an elegant dinner.

SERVES 10

INGREDIENTS

- 1 liter butter milk, 1%
- 1 cup whipping cream, 35%
- $\frac{3}{4}$ cup sugar
- 1 lemon, peel and juice
- salt

Combine together in a large; bowl butter milk, whipping cream, sugar, lemon peel, lemon juice and a dash of salt. Stir well to dissolve the sugar.

Pour it in an ice cream maker; follow your manufacturers' instructions. Typically the ice cream will turn for 30 minutes.

You can serve it semi-soft straight from the ice cream maker or put it in a container and inside the freezer and serve it later. I suggest taking it out from the freezer for 5 minutes before serving to soften it slightly.

Data per serving.

Calories	180	Sodium	129.5mg
Protein	4g	Cholesterol	37.0mg
Total Fat	10g	Fiber	0.04g
Carbohydrates	20g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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