

# Sweet Corn Ice Cream

A recipe submitted by Khloe inspired by [A Kitchen Muse](#)

Prep Time: 45 mins

## Ingredients Needed:

4 ears of corn, shucked  
1 ½ cups of almond milk unsweetened  
2 cups heavy cream  
1 cup Splenda granulated sugar substitute  
6 large egg yolks  
¼ teaspoon fine sea salt  
½ teaspoon vanilla  
½ cup of Greek yogurt  
½ teaspoon of grated lemon zest  
1 ½ cups of fresh blueberries and strawberries  
Ice Cream Maker



## Instructions:

1. Slice the kernels off the corn cobs and place in a large saucepan.
2. Mix almond milk, heavy cream, ½ cup Splenda granulated sugar.
3. Break cobs in half and add to mixture.
4. Transfer mixture to pot, bring mixture to a boil, stirring continuously.
5. Remove from heat, let cool for an hour.
6. Remove cobs from mixture.
7. Using a blender, mix mixture to a puree.
8. Return mixture to a pot to simmer, then turn off heat.
9. In another bowl whisk egg yolks, ¼ teaspoon of salt, and ½ cup of Splenda granulated sugar
10. Add of cup of the hot cream mixture to yolks, stirring constantly to make sure it does not curdle. Add yolk mixture to saucepan, stirring.
11. Cook over medium-low heat, stirring constantly, until custard thickens enough to coat the spoon (about 10 minutes)
12. Pass custard through a fine sieve, pressing down hard on the solids.
13. Discard solids
14. Whisk Greek yogurt into custard until smooth
15. Let custard cool in an ice bath to stop the cooking process, then cover and chill for at least 4 hours.
16. Following the Directions of the Ice Cream Maker

## Prepare and Garnish:

1. Using a small saucepan, combine 5 tablespoons of Splenda granulated sugar, lemon zest, and ¼ cup of water and bring to a simmer.
2. Let cook, constantly stirring, until sugar melts and syrup thickens slightly (about 10 minutes)
3. Add blueberries and strawberries, cook until fully coated and fruit softens.
4. Let cool
5. Spoon 2 scoops of ice cream in a bowl and pour over blueberry and strawberry sauce.