Vanilla Kefir Ice Cream

A simple homemade ice cream using kefir instead of milk for a tangy, creamy treat! *(What is kefir?)* Yield:

6 cups
Ingredients:

2 cups kefir* (may substitute plain yogurt)
2/3 cup sugar**
1 cup heavy whipping cream
2 teaspoons vanilla extract
Instructions:

1. In a 4-cup measuring cup (or medium bowl) stir together the kefir and sugar, until sugar is dissolved.

2. Stir in the cream and vanilla. Pour mixture into your ice cream maker bowl and churn until thick and creamy! Enjoy fresh as a “soft serve” consistency, or freeze for later.



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This recipe is from Tammy’s Recipes.