

# Lemon ice-cream

Sent in by Davina from Sheffield.

**Serves** 4–6 children

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**Suitable for ages** 5 years + (contains raw eggs, not suitable for pre school-age children)

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**Nutrition** ● Fat ● Saturates ● Sugar ● Salt

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*3 medium eggs, separated*

*280ml double cream*

*110g caster sugar*

*3 tbsp lemon juice*

## NUTRITION NOTES

Home-made ice-cream is high in fat but unlike many commercial ices, will contain no trans fats.

- 1 In a mixing bowl, beat the egg yolks until frothy and light.
- 2 Whisk the egg whites in another bowl until stiff, add half the sugar and whisk until stiff again.
- 3 Beat the cream in a large mixing bowl until it forms soft peaks then fold in the egg yolks, whites, the rest of the sugar and the lemon juice. Turn into a suitable container and freeze.
- 4 Remove from the freezer about 20 minutes before serving.