



Creamy Multivitamin Milk Ice Cream

Ingredients

For the syrup:

- 100 ml (about 3.4 oz) multivitamin juice, e.g., Multi by Klindworth
- 100 g (about 1/2 cup) sugar

For the ice cream:

- 250 ml (about 1 cup) multivitamin juice, e.g., Multi by Klindworth
- 3 tablespoons of the multivitamin syrup, or substitute with glucose syrup or any syrup of your choice
- 100 g (about 1/2 cup) sugar
- 1 tablespoon lemon juice
- 200 ml (about 3/4 cup) heavy cream
- 1 egg white + a pinch of salt

Instructions

For the syrup: Combine the multivitamin juice and sugar in a small saucepan and bring to a boil. Let it simmer for about five minutes until the liquid thickens noticeably. Allow the syrup to cool completely.

For the ice cream: In a large bowl, combine the multivitamin juice, syrup, sugar, and lemon juice. In separate bowls, whip the heavy cream and the egg white (with a pinch of salt) until stiff peaks form. Gradually fold the whipped cream into the juice mixture using a whisk, followed by the whipped egg white.

Pour the mixture into a pre-chilled ice cream maker and churn for about 30–45 minutes (depending on your machine) until it reaches a creamy consistency. Scoop the ice cream into bowls or cones, drizzle with a bit of the syrup, and enjoy! 😊