

# Honey Lavender Ice Cream

Adapted from [crumblycookie.net](http://www.crumblycookie.net)

<http://www.crumblycookie.net/2012/07/31/honey-ice-cream/>



## Servings: 6

*The lavender is subtle - don't expect it to leap at you. You want the honey to shine through, which it does.*

1. In a small saucepan over medium heat, heat the milk until it begins to steam and bubbles form around the edge of the pot. Remove it from the heat.
2. Add the honey and salt into the milk until dissolved - which as needed. Add dried lavender and allow mixture to sit for about 30 minutes to allow the lavender to steep in the milk. Strain out the lavender.
3. Add the cream. Cover and refrigerate to thoroughly chill, at least 2 hours or up to overnight.
4. Churn until it's at least as thick as soft serve ice cream. Transfer to a chilled container; freeze at least 2 hours before serving. Allow the container to sit out at room temp for 10+ minutes before you try to scoop it.

## Yield: 1 quart

Per Serving (excluding unknown items): 350 Calories; 30g Fat (74.6% calories from fat); 2g Protein; 21g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 85mg Sodium. Exchanges: 1/2 Non-Fat Milk; 6 Fat; 1 Other Carbohydrates.

1/2 cup whole milk (I used low-fat)

6 tablespoons honey

1/2 teaspoon dried lavender

1/8 teaspoon salt

2 cups heavy cream

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>