

## Roasted Peach Ice Cream

Carolyn T's  
Main Cookbook

Servings: 8



### PEACHES:

5 whole peaches, ripe  
1/4 cup granulated sugar

### ICE CREAM:

1 1/2 cups heavy cream  
2 1/2 cups fat free half-and-half  
1 tablespoon vanilla extract  
1/4 cup granulated sugar, or Splenda  
1/3 cup peach preserves, or apricot  
1 pinch salt

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

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Per Serving (excluding unknown items): 315 Calories;  
17g Fat (49.2% calories from fat); 1g Protein; 37g  
Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol;  
114mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat  
Milk; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

*Notes: If you buy cling peaches, which makes the peach-pitting rather difficult, cut a big oval off the sides of the peach, then cut around the pit. Place those pieces on the foil. It makes it a bit more difficult to remove the skin once it's roasted (smaller pieces), but it's not impossible. Be sure to keep every drop of juice even in the cutting process (do it over the foil-lined pan) since the juice adds lots of flavor.*

*Description: A simple ice cream with oven-roasted peaches in it.*

1. Preheat oven to 400.
2. Line a medium to large baking sheet with foil.
3. Wash and cut peaches in half. Lay them onto the foil-lined sheet skin side down and sprinkle with half the sugar. Turn over, skin side up and sprinkle with remaining sugar. Bake for 30-45 minutes until they've slumped and edges are golden brown.
4. Allow peaches to cool in the syrup, then gently remove the skins. Wring out the skins if you can to get every last drop of juice. Use your hands to squish the peaches into small bits, then place peaches and every speck of the syrup into a medium bowl. Scrape the pan of any more juice and syrup.
5. To the peaches add the cream, half and half, vanilla, sugar, preserves and salt. Stir to combine. If time permits, chill the mixture for about 2 hours or up to overnight.
6. Process in ice cream maker using manufacturer's directions. Scoop into a freezer container and freeze for at least one hour before trying to eat it. Savor every bite!