

Homemade ice cream and popsicle for summer



In **summer**, there's nothing better than a cold dessert to cool off. **Homemade ice cream and popsicles** are delicious and refreshing options to save money and still cool off on hotter days.

Here, you will learn how to prepare these delicacies at home and enjoy incredible flavors!

Main points of this article:

- Benefits of making **homemade ice cream and popsicles**
- Necessary equipment and ingredients
- **Homemade ice cream recipes**
- Tips for making the perfect **homemade ice cream**
- **Homemade popsicle recipes**

Why make homemade ice cream and popsicles?

Making homemade **ice cream and popsicles** is a delicious and healthy option for those looking to cool off in the heat of **summer**. Furthermore, there are several advantages over industrialized

products. Discover the reasons to make ice cream and **homemade popsicles**

- Control of ingredients;
- Healthier options;
- Flavor customization;
- Cost reduction;
- Reduced environmental impact.

When making ice cream and **homemade popsicles**, you have total control over the ingredients used, allowing you to choose healthier and more natural options.

In addition, it is possible to customize flavors according to your preferences and reduce costs compared to industrialized products.

And also, by opting for homemade production, you contribute to reducing the environmental impact caused by the transport and packaging of industrialized products.

Thinking about health, it is important to highlight that ice cream and **homemade popsicles** do not contain preservatives and chemical additives, which can be harmful to the body.

In addition, some homemade ice cream and popsicle recipes can be vegan or sugar-free, offering healthier and more inclusive options for all tastes and needs.

For all these reasons, making homemade ice cream and popsicles is a great choice to cool off and enjoy natural and varied flavors, as well as promoting a healthier and more conscious diet.

Necessary equipment and ingredients

Before you start making your homemade ice cream and popsicles, you need to prepare yourself with the right equipment and ingredients. Here's what you'll need:

Equipment

Item	Description
Ice cream machine	There are two types: with compressor and without compressor. The first is more expensive, but produces ice cream with a creamier texture. The second is simpler, but requires pre-freezing the ingredients.
Popsicle molds	They can be made of plastic or silicone and are great for making popsicles at home. Make sure you have wooden chopsticks to add to the mixture.
Mixer	If you don't have an ice cream maker, use a mixer to mix the ingredients for a creamier ice cream.

Ingredients

The basic ingredients for making **homemade ice cream** are milk, cream, sugar and vanilla essence. For popsicles, you can use natural juices, fruits, milk and sugar. See below a list of some of the main ingredients:

- Whole milk
- Fresh cream
- Refined sugar
- Vanilla essence
- Natural juices (lemon, orange, passion fruit, etc.)
- Fresh fruits (strawberries, mango, pineapple, etc.)
- Coconut milk
- Chocolate bar
- Chestnuts (walnuts, almonds, etc.)

Now that you know what equipment and ingredients to use, you're ready to start making your own ice cream and popsicles at home!

Homemade ice cream recipes

If you are looking for easy and delicious recipes to make **homemade ice cream** here are some suggestions that will please your taste buds and refresh your **summer**

Lemon ice cream

Ingredients:

- 1 can of condensed milk;
- 1 can of cream;
- Juice of 3 lemons;
- Lemon zest to taste

Preparation method:

1. In a blender, beat the condensed milk, cream and lemon juice until obtaining a homogeneous mixture;
2. Add the lemon zest and mix gently with a spoon;
3. Pour the mixture into a container with a lid and place in the freezer for at least 4 hours;
4. Serve your homemade lemon ice cream with more lemon zest on top.

Chocolate ice cream with almonds



Ingredients:

- 1 can of condensed milk;
- 1 can of whey-free cream;
- 1 cup of chocolate powder;
- 1/2 cup chopped almonds.

Preparation method:

1. In a large bowl, mix all the ingredients well, except the almonds;
2. Add the chopped almonds and stir again;
3. Pour the mixture into a container with a lid and place in the freezer for at least 5 hours;
4. Serve your homemade chocolate ice cream with more chopped almonds on top;
5. Red fruit ice cream.

Ingredients:

- 1 can of condensed milk;
- 1 can of cream;
- 1 cup chopped strawberries;
- 1/2 cup blackberries;
- 1/2 cup raspberries

Preparation method:

1. In a blender, process the strawberries until you obtain a smooth mixture;
2. Add the blackberries and raspberries and beat again until smooth;
3. In a bowl, mix this fruit mixture with the condensed milk and cream;
4. Pour the mixture into a container with a lid and place in the freezer for at least 6 hours;
5. Serve your homemade berry ice cream with some whole berries on top.

With these **homemade ice cream recipes** you have the opportunity to try new flavors and stay cool in the summer in a healthy and delicious way!

Tips for making perfect homemade ice cream

Making homemade ice cream may seem easy, but to achieve the perfect texture and flavor, you need to pay attention to some important details. Below are some tips to make your homemade ice cream even more delicious:

- Use quality ingredients: the choice of ingredients makes all the difference in the final result of your homemade ice cream. Choose fresh, good quality fruit, whole milk and fresh cream.
- Be careful when preparing the base: to ensure a creamy and homogeneous base, mix all the ingredients well and heat over low heat, stirring constantly.

- Respect the freezing time: for your ice cream to reach the ideal consistency, it is important to respect the freezing time indicated in the recipe.
- Churn the ice cream before serving: taking the ice cream out of the freezer and beating it with a mixer for a few minutes before serving helps to make it creamier.

Remember that each recipe has its own particularities and may require special care. With these tips and a little practice, you will be able to make the perfect homemade ice cream and surprise everyone!

Homemade popsicle recipes

In addition to ice cream, homemade popsicles can be a delicious and refreshing option for summer. You can make popsicles with different flavors and natural ingredients that guarantee a healthier and tastier dessert.

Below, we present some of the best **homemade popsicle recipes** for you to try!

Red fruit popsicle

Ingredients:

- 1 cup strawberries
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/2 cup sugar
- 1 cup of water

Preparation method:

1. Blend the fruits in a blender until smooth.
2. In a pan, mix the sugar and water and place over medium heat, stirring until the sugar dissolves. Leave to cool.
3. Combine the sugar syrup with the blended fruits and pour the mixture into the popsicle molds.
4. Place the molds in the freezer for at least 6 hours or until firm.

Coconut and pineapple popsicle

Ingredients:

- 2 cups chopped pineapple
- 1 cup coconut milk
- 1/2 cup sugar
- 1 teaspoon vanilla essence



Preparation method:

1. Blend all ingredients in a blender until a homogeneous mixture is formed.
2. Pour the mixture into popsicle molds and add popsicle sticks.
3. Place the molds in the freezer for at least 6 hours or until firm.

Try other fruit and flavor combinations to create your own delicious homemade popsicles!

Healthy homemade ice cream and popsicle options

When we think about ice cream and popsicles, options full of sugar and industrialized ingredients that can harm our health come to mind.

But did you know that it is possible to make healthy and delicious homemade ice cream and **homemade popsicles**? Check out some options below:

Banana ice cream

This homemade ice cream recipe is very easy to prepare and only requires one ingredient: banana! To make it, simply freeze ripe bananas and blend in a food processor until you get a creamy consistency.

You can add other ingredients, such as nuts and red fruits, to vary the flavor.

Vegan coconut ice cream

For those looking for a lactose-free option, vegan coconut ice cream is a great choice. Just blend coconut milk, demerara sugar and grated coconut in a blender and place in the freezer. In addition to being a healthier option, it is very tasty!

Red fruit popsicle

This homemade popsicle is made with red fruits, which are rich in antioxidants and vitamins. To make it, simply blend the fruits (such as strawberries, raspberries and blueberries) with water in a blender, add a little sugar or honey, place in molds and place in the freezer.

Greek yogurt ice cream with honey

This homemade ice cream option is prepared with Greek yogurt, which is rich in protein and helps keep you fuller for longer. To make it, simply mix natural Greek yogurt, skimmed milk, honey and vanilla and place in the freezer.

With these ice cream and **healthy homemade popsicle recipes**, you can cool off without giving up your health. And the best part: they are easy-to-make options with affordable ingredients. Try it and enjoy summer in a healthier way!

Homemade ice cream and popsicle for kids

Anyone who has children at home knows how much they love a sweet treat, especially in the summer! That's why we've put together some **easy ice cream recipes** and homemade popsicles that will please your little ones and cool them down on hotter days.

For ice cream, try this simple strawberry ice cream recipe:

Ingredients:

- 2 cups fresh strawberries
- 1 can of condensed milk
- 1 can of cream
- 1 tablespoon lemon juice

Preparation method:

1. Blend the strawberries in a blender until they form a puree;
2. Add the other ingredients and beat again until smooth;
3. Pour the mixture into a bowl or pot, cover with plastic wrap and place in the freezer for about 6 hours;
4. After freezing, blend again in a blender or processor to make the ice cream creamier before serving.

As for the popsicles, how about this tasty mango popsicle option?

Ingredients:

- 2 ripe mangoes
- 1/2 cup of water
- 1/4 cup sugar
- Juice of 1 lemon

Preparation method:

1. Blend all ingredients in a blender until smooth;
2. Pour the mixture into popsicle molds and insert the sticks;
3. Place in the freezer for about 4 hours;
4. To unmold, run the molds under hot water for a few seconds before pulling out the toothpicks.

With these practical and delicious recipes, you will win over the kids and you can even have fun making the recipes together! Enjoy!

Desserts with ice cream and homemade popsicles

One of the best ways to enjoy ice cream or popsicles is as a dessert after a meal. In addition to being delicious, it is a refreshing dessert that pleases everyone.

Now, with our homemade ice cream and popsicle dessert recipes, you can take your dessert game to the next level! Below you will find some creative ideas to transform your simple desserts into something more!

1. Banana sundae

Layers of banana, homemade vanilla ice cream and homemade caramel sauce. This sundae is a classic dessert that pleases all palates. To make it even better, add some toasted nuts or fresh whipped cream.

2. Brownie with popsicle

A warm brownie, with a cream popsicle on top, creates a cold and warm combination that is hard to resist. For an extra touch of decoration, add some chocolate chips on top.

3. Fruit bowl with ice cream

A refreshing and healthy fruit bowl can be transformed into a delicious dessert with just a little homemade ice cream.

Choose your favorite fruits, add a scoop of ice cream of your choice and decorate with some granola or nuts. Not only is this delicious, but it is also a healthy dessert.

4. Ice cream and chocolate tart

This tart is an elegant and easy-to-make dessert that will impress your guests. Use pre-made pie crust and fill with homemade mint ice cream.

Cover with a little melted chocolate and decorate with whipped cream. And that's it – you have a delicious and elegant dessert in no time.

These are just some of the many dessert options you can create with homemade ice cream and popsicles. Use your imagination and create something special for you and your guests to enjoy. We hope our recipes help you create a unique and delicious dessert!

Conclusion



It's undeniable that making homemade ice cream and popsicles is a great way to cool off in the summer and have control over the ingredients we consume. I hope this guide has been useful for you to discover new recipes and venture into the kitchen.

Recalling the main recipes presented, we have the delicious banana ice cream, the refreshing lemon popsicle, the tasty coconut ice cream and the red fruit popsicle.

In addition, we saw how to make ice cream and popsicles with healthier ingredients and vegan options for all tastes.

Finally, we cannot forget the desserts with ice cream and homemade popsicles, which are a true explosion of flavor and creativity. From decorated cups to iced cakes, imagination is the limit.

So, get to work! Try the recipes, invent your own variations and make the most of this delicious summer with homemade ice cream and popsicles.

FAQ

Why make homemade ice cream and popsicles?

Making homemade ice cream and popsicles has several advantages over purchasing industrialized products. You can choose the ingredients, avoid artificial additives and control the amount of sugar, making them healthier options.

Plus, it's a fun activity to do as a family and allows you to create personalized flavors.

What equipment and ingredients are needed?

To make homemade ice cream, you will need a mixer or blender, an ice cream maker (optional), storage containers and, of course, the recipe ingredients, such as milk, cream, sugar and other flavors of your choice. .

In the case of popsicles, you will need popsicle molds and sticks.

What are some homemade ice cream recipes?

There are several delicious **homemade ice cream recipes**. You can opt for classic flavors, like chocolate, vanilla and strawberry, or try more creative combinations, like coffee with chocolate or mango with coconut. The choice is yours!

Try the different recipes and find out which one is your favorite.

What are some tips for making the perfect homemade ice cream?

To obtain perfect homemade ice cream, it is important to follow some tips. Use fresh, quality ingredients, follow the proportions indicated in the recipe, respect the freezing times and mix the ice cream base well to make it creamy.

It is also important to add some type of stabilizer, such as guar gum or xanthan gum, to improve the texture.

What are some homemade popsicle recipes?

Just like in the case of ice cream, the options for **homemade popsicle recipes** are endless. You can make fruit popsicles using natural juice or chopped pieces of fruit.

You can also add ingredients such as yogurt or coconut milk to make them even creamier. Let your imagination go and create your own flavors!

What are some healthy options for homemade ice cream and popsicles?

If you are looking for healthier options, you can opt for homemade ice creams and popsicles with natural ingredients, such as fresh fruit and alternative sweeteners, such as honey or brown sugar.

There are also vegan options, using plant-based milk and cream substitutes. Enjoy healthy recipes without giving up flavor!

What are some homemade ice cream and popsicle recipes for kids?

Children love ice cream and popsicles! To please the little ones' taste buds, you can make ice creams and popsicles with sweeter flavors, such as chocolate, strawberry or vanilla.

Also, you can get creative and add pieces of chocolate, cookies or colorful sprinkles to make them even more fun.

What are some dessert recipes with ice cream and homemade popsicles?

The possibilities for desserts with homemade ice cream and popsicles are endless. You can make milkshakes, sundaes, pavés, frozen pies and even combine ice cream with fresh fruit to create a delicious parfait.

Unleash your imagination and create irresistible desserts to impress your guests.

[receita]

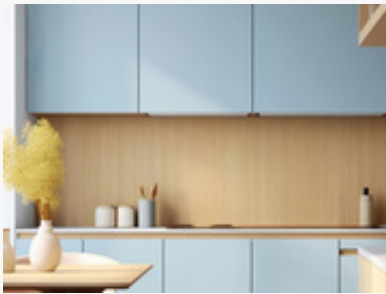
.

Cooking Time

Ingredients

- 1 cup strawberries
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/2 cup sugar
- 1 cup water

Preparation Method



Blend the fruits in a blender until smooth.



In a pan, mix the sugar and water and place over medium heat, stirring until the sugar dissolves. Let cool.

Combine the sugar syrup with the blended fruits and pour the mixture into the popsicle molds.



Place the molds in the freezer for at least 6 hours or until firm.

[CLICK HERE TO READ THIS FULL ARTICLE](#)

[**https://tastyculinaryjourney.info**](https://tastyculinaryjourney.info)