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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Choosing The Best Ice Cream Maker

By Sharon Chennault

You can make delicious ice cream at home, as good as any premium store brand, if you choose a good ice cream maker and follow a few tips. Ice cream makers can range in price from under \$100 to over \$500. The more expensive models contain built in freezing compressors. The less expensive models are perfectly suited for use in the home and come in two basic types. There is the type that uses rock salt and ice to cool the ice cream mixture and the type that has a canister that is placed in the freezer. Each of these is equipped with an electric crank or a manual crank. Your particular needs will determine which is right for you.

If you want to make a large quantity of ice cream, you will need to purchase a model that uses rock salt and ice. The canister models will only make up to 1.5 quarts at a time. If you would like to turn ice cream making into a family activity, you can choose the hand-crank model, which will also use rock salt and ice. The crank must be turned manually for a fairly long period of time, thus allowing each family member a turn. An electric crank is quite a bit easier than the manual crank models. You will also get more consistent results due to the bowl turning at a constant speed. Most electric crank ice cream makers will have an automatic cut off feature that will stop the motor when the ice cream reaches the desired consistency. The consistency is judged by the amount of resistance while the bowl is turning.

After you choose which type of ice cream maker is right for you, you will need to find the perfect ice cream recipe. Remember that the faster the ice cream freezes, the better it will taste and the smoother the texture will be. It will be best to pre-mix all your ingredients and let them chill for several hours before placing them in the ice cream maker. When your ice cream is done, it will resemble soft-serve ice cream. You can place the canister in the freezer for a few hours and you will be much happier with the results. If your canister is plastic, consider removing the ice cream as soon as it is done, and placing it in a metal bowl covered with foil. The metal will allow the ice cream to freeze faster and become firmer more quickly than in a plastic container.

You can purchase a mix that is quite easy to make into ice cream very quickly. While the mixes are convenient, the best homemade ice cream is made from fresh ingredients. Milk, sugar, eggs, vanilla, and cocoa if you desire will give you the best results. You can find numerous ice cream recipes, some which require cooking some which require no cooking. The ice cream recipes that do not require

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cooking are generally just as good as the cooked type, and require a lot less time. The best ice cream recipes usually contain eggs, however there are many recipes that do not use eggs if you or someone in your family is allergic to eggs.

This article has been provided courtesy of Kitchen Junkie,

<http://www.kitchenjunkie.com/>

### **Low Carb Ice Cream**

**By Joan Winthorp**

As the low carb diet continues to create a booming impact to its dieters, the low carb diet arena then began to produce after the exciting six-part series of frozen desserts, and included in this food trend is the making of the reduced sugar and low carb ice creams.

Speaking of low carb ice cream, there are some low carb ice creams that can not be technically called "low carb ice cream" due to their cream contents, however, they are still low carb ice cream alike. Fortunately, the ice cream companies are now working hard to provide the ice cream consumers with frozen desserts that have reduced sugar contents, which ultimately reduce the products' calorie and carbohydrate contents.

And one of the good news that accompanied the production of the low carb ice cream is that most of the reduced sugar desserts really taste yummy. However, there are some studies which noted that reduced sugar does not eventually mean the treat is low in fat. But despite that possibility for the low carb ice cream, there are still some frozen desserts that are both low in fat and carbohydrates.

It is as well interesting to know that many studies about the low carb ice cream have considered that only half a cup of the low carb ice cream is a reasonable serving. However, it is still considerable that even if an ice cream carton trumpets that has low sugar or calorie levels, or has no added sugar, or even has low carbohydrates, they might have probably fat contents that would contribute a bad effect.

So if you are one of those who love low carb ice creams, following are several low carb ice creams that are best recommended for family preference.

One of the noted best recommended low carb ice cream is the Edy's No Sugar Added Triple Chocolate low carb ice cream. Many who have tasted this low carb frozen dessert have considered it as low in fat, low in sugar, and tastes so yummy. And in fact, there are fudge sauce swirls in this chocolate ice cream.

And also of great interest is the Vanilla Ice Cream that can really be considered as a low carb ice cream for the fact that it contains a lower carbohydrates count for two carbohydrates per serving. This particular low carb frozen dessert is made by these ingredients: five egg yolks, a cup of Splenda, 1 and ¼ cups of heavy cream that is whipped.

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All of these mentioned low carb ice creams are really considered as nice favorite treats. So you can keep yourself and slim down with these low carb frozen desserts.

Joan Winthorp is a fitness and nutrition expert. If you ever wanted to know if the Low-Carb-Diet works or does not – than the website at

<http://www.low-carb-diet-secrets.com>

was written just for you.



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