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The Ice Cream And Frozen Yogurt Cookbook

Mable Hoffman, Gar Hoffman

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The Ice Cream And Frozen Yogurt Cookbook Mable Hoffman, Gar Hoffman
Why make ice cream and frozen yogurt at home when supermarket freezer cases are full of it? This cookbook offers more than 220 delicious reasons to whip up all-natural, high quality frozen confections at a fraction of the cost of commercial products, with or without a home ice-cream machine. It's a great family activity with undeniably tasty rewards, and a terrific reference for ice-cream lovers. Along with low-fat frozen yogurts and indulgently rich ice creams, there are recipes for sherbets, sorbets, and sauces. Indulge in traditional Fudge Ripple Ice Cream or savor light Apple-Maple Frozen Yogurt. Try new flavors throughout the year-Kiwi Ice Cream, Heavenly Chocolate Sherbet, Honeydew Melon Ice, Cranberry-Wine Sorbet, and Peppermint Frozen Yogurt. Each new recipe includes nutritional information. An introduction explains the basic ingredients and methods, plus serving suggestions and instructions for proper storage.

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