

Helergon Kitchen

Mint Chocolate Chip Ice Cream

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 1/2 cup fresh mint leaves, loosely packed
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Add-ins

- [ ] 1/2 cup dark chocolate chips

Instructions

1. Combine cream, milk, and sugar in a saucepan; warm gently until sugar dissolves, then remove from heat.
2. Add mint leaves and lemon zest to the warm mixture; let steep for 10 minutes, then strain through a fine mesh.
3. Stir in vanilla extract, let the base cool completely, then refrigerate for at least 2 hours. (You might enjoy a quick peek at vanilla ice cream while you wait.)
4. Pour the chilled mixture into the Ninja Creami container and churn according to the manufacturer’s “Ice Cream” setting.
5. During the last minute of churning, add the chocolate chips and let the machine fold them in gently. Transfer to a freezer-safe container, freeze for 1-2 hours, then serve.

Nutrition per serving

270 kcal	4 g	24 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mint flavor seems muted, add a few extra crushed leaves after churning.
- For a richer texture, replace half of the milk with additional cream.
- You can drizzle a bit of melted chocolate before serving for extra shine.