

Cuisinart® INSTRUCTION AND RECIPE BOOKLET



The Fruit Scoop™ Frozen Dessert Maker

ICE-31

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken to reduce the risk of fire, electric shock, and/or injury, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquids.
3. Close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities.
4. **Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.**
5. Avoid contact with moving parts. Keep hands, hair and clothing, as well as spatulas and other utensils, away during operation to reduce the risk of injury and/or damage to the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injury, and may void the warranty.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of freezer bowl while in use to reduce the risk of injury to persons or to the appliance itself. **DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWL!** Sharp objects will scratch and damage the inside of the freezer bowl. A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.
11. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
12. Do not use the freezer bowl on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.
13. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised in their use.

If a long, polarized extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or animals, or tripped over.

CAUTION

- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. **Note:** The base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the nameplate agrees with your voltage.
- Never clean with abrasive scouring powders or hard implements.

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FEATURES AND BENEFITS

- 1. Ingredient Guide**
Add ingredients to be churned through the guide. Also use to add extras like chips or nuts without interrupting the freezing cycle.
- 2. Transparent Lid**
Lets you watch the freezing process as it progresses. Easily lifts on and off base.
- 3. Paddle Assembly**
Fits into freezer bowl to churn ingredients during freezing process.
 - a. Paddle Holder** – holds paddle in place as it rotates.
 - b. Locking Bar** – locks paddle into position in paddle holder.
 - c. NEW Fresh Fruit Paddle** – specially designed to mash and mix fresh fruit to create frozen desserts and drinks with a variety of textures and flavors.
 - d. Ice Cream Paddle** – mixes and aerates ingredients to create ice cream, frozen desserts and drinks.
- 4. Freezer Bowl**
Contains cooling liquid inside a double-insulated wall to keep bowl cool and temperature even. Ingredients freeze quickly and evenly.
- 5. Base**
Houses a heavy-duty motor strong enough to process frozen fresh fruit recipes, ice cream, frozen yogurt, sherbet, sorbet and frozen drinks.
- 6. On/Off Switch**
- 7. Rubber Feet (not shown)**
Nonslip feet keep base stationary during use.
- 8. Cord Storage (not shown)**
Unused cord can be easily pressed into an opening in the base of the unit to keep counters neat.
- 9. BPA-Free (not shown)**
All materials that come in contact with food are BPA free.



BEFORE USING FOR THE FIRST TIME

DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lid, freezer bowl and mixing arm in warm, soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

FREEZING TIME AND BOWL PREPARATION

The freezer bowl must be completely frozen before you begin your recipe. Before freezing, wash and dry the bowl completely. The length of time needed to reach the frozen state depends on how cold your freezer is. It is recommended that you place the freezer bowl in the back of your freezer where it is coldest. Be sure to place the freezer bowl on a flat surface in its upright position for even freezing. Generally, freezing time is between 16 and 24 hours. Shake the bowl to determine whether it is completely frozen. If you do not hear the liquid within the bowl moving, the cooling liquid is therefore frozen. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. Use the bowl immediately after removing from the freezer. It will begin to quickly defrost once it has been removed from the freezer.

Reminder: Your freezer should be set to 0°F to ensure proper freezing of all foods.

ASSEMBLING PADDLE ASSEMBLY

1. Set paddle holder on counter with open end down.



2. Insert the desired paddle into the paddle holder, setting the wide tab on the bottom of the paddle into the opening on the bottom of the paddle holder.



3. Push the locking bar firmly onto the ball on top of the paddle. Press down until you hear and feel it click into place.



4. Turn the locking bar clockwise, until it clicks into position under the tabs on the top of the paddle holder.



MAKING FROZEN DESSERT

1. Prepare recipe ingredients from pages that follow or from your own recipe. If you use your own recipe, be sure it yields less than 1½ quarts.
2. Remove the freezer bowl from the freezer. Place freezer bowl on the center of the base.

NOTE: Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.

3. Place assembled paddle holder with selected paddle onto the raised hub in the bottom of the freezing bowl.
4. Place lid on base and rotate clockwise until tabs on lid lock in place on base.
5. Press On/Off switch to ON position. Freezer bowl will begin to turn.
6. Immediately pour ingredients through ingredient spout.

NOTE: Ingredients must be added to the freezer bowl after unit is turned on.

7. Ice cream and frozen desserts will be done in 15 to 25 minutes. The average blending and freezing time for fresh fruit desserts is about 15 minutes. The time will depend on the recipe and volume of the dessert you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer for two or more hours.

NOTE: Do not store frozen desserts in the freezer bowl. Desserts will stick to the sides of the freezer bowl and may damage the bowl. Store only in a freezer-safe, airtight container.

FROZEN FRESH FRUIT DESSERT TIPS

For frozen fresh fruit desserts, the fruits that work best and require only minimal preparation include softer items like bananas, mangos, strawberries, kiwis, apricots and peaches.

Firm items like apples, pears or unripe peaches should first be cooked until soft, to achieve the smoothest, frozen results.

Cooking fruit is an opportunity to infuse it with flavors and spices like cinnamon and nutmeg or fresh herbs like mint or basil. If cooking fruit, chill before adding to the freezer bowl.

Harder items like coconut, hard-seeded items like pomegranate, pulpy items like citrus, or fibrous items like pineapple should be blended first or cut up into small pieces and mixed in with other creamier fruits like bananas,

mangoes or strawberries for best results.

For best results, cut fruit into 1" – 2" pieces.

Four cups of fruit is the recommended average for processing at one time.

Processing 4 cups of fruit usually takes about 15 to 20 minutes. Time will vary based on type of ingredients used, as well as amount.

Frozen fruit dessert consistency can be adjusted by adjusting the freeze time. The longer the fruit is processed, the smoother the consistency. For slushy-style drinks, run it for the least amount of time and add juice as a mix-in during the last couple of minutes (see the Mango Slushy recipe on page 12 as an example).

Most fruits can be ready to serve in as little as 15 minutes. The higher the water content, the faster the freeze. For instance, watermelon is ready in 10 minutes.

Higher water content fruits, like melon, should be prepared in advance so some of the water can be drained and not frozen for the best consistency.

For melon, like cantaloupe and honeydew, where the fruit is rather firm, add fruit slowly to the freezer bowl and only add up to 3 cups.

Mix-ins, like chopped nuts or chocolate, should be added during the last few minutes of processing.

Use very ripe fruits for the sweetest flavor. Simple syrup (equal parts sugar and water, see recipe on page 11) may be used as a sweetener.

Peel fruit and remove seeds before cutting and freezing.

Store remaining sorbet or ice cream in an airtight container in the freezer. Before covering with lid, press a piece of plastic wrap directly on the sorbet or ice cream to prevent freezer burn. Remove sorbet from freezer about 15 to 20 minutes before serving. Ice cream may be removed 10 to 15 minutes before serving.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 2 minutes before the recipe is complete. Once the dessert has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

SAFETY FEATURE

The Cuisinart® Fruit Scoop™ Frozen Dessert Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, put the On/Off switch in the OFF position and unplug the unit. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert.

CLEANING, STORAGE AND MAINTENANCE

Cleaning

Clean the freezer bowl, mixing paddle and lid in warm, soapy water. **DO NOT PUT FREEZER BOWL IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANERS OR IMPLEMENTS.** Wipe motor base clean with damp cloth. Dry all parts thoroughly.

Storage

DO NOT put freezer bowl in freezer if bowl is wet. **DO NOT** store lid, mixing paddle, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Do not store frozen desserts in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts to a freezer-safe, airtight container for longer storage in the freezer.

Maintenance

Any other servicing should be performed by an authorized service representative.

LIMITED THREE-YEAR WARRANTY (U.S. and CANADA only)

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Fruit Scoop™ Frozen Dessert Maker that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Fruit Scoop™ Frozen Dessert Maker will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Fruit Scoop™ Frozen Dessert Maker should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number, 1-800-726-0190, for additional information from our Consumer Service Representatives or send the defective product to Consumer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer

may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product to be serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® Fruit Scoop™ Frozen Dessert Maker has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen desserts. You may create or use recipes of your own, as long as they yield no more than 1½ quarts.

- Frozen desserts from the Cuisinart® Fruit Scoop™ Frozen Dessert Maker use pure, fresh ingredients. Because of this, the desserts and drinks do not have the same characteristics as commercially prepared frozen desserts and drinks. Most store-bought versions use gums and preservatives to make them firmer. **If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer until desired consistency is reached, usually two or more hours.**
- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower-fat creams (e.g., half and half), milk (reduced fat or lowfat) as well as non-dairy milks (soy, rice) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower-fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for 2 cups of cream, use a total of 2 cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- You may substitute artificial sweeteners for sugar. If the recipe is to be precooked, add the sweetener after the heating process is complete and ingredients have cooked. Stir the mixture thoroughly to dissolve the sweetener.
- In recipes that use alcohol, add the alcohol during the last 2 minutes of the freezing process. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe.
- The following Cuisinart recipes will yield up to 1½ quarts of dessert. When pouring ingredients in through the ingredient spout, DO NOT fill the freezer bowl higher than ¼ inch from the top of the freezer bowl. The ingredients will increase in volume during the freezing process.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use. Additional freezer bowls may be purchased on the Cuisinart website (www.cuisinart.com).
- Make sure mixing paddle and lid are in place before turning on machine.
- For fresh fruit frozen dessert tips see page 4.

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Apricot-Almond “Sorbet”

While we suggest apricots, this is best made with very ripe, seasonal fruit. If apricots are not available, any other ripe stone fruit will work — peaches and nectarines being the best alternatives.

Makes about 3½ cups

- 2 pounds apricots, pitted and cut into 1-inch pieces (or you may use other stone fruit, such as peaches and/or nectarines – both should be peeled and pitted)**
- 2 tablespoons Simple Syrup (see recipe, page 11) or honey (optional, based on sweetness of the fruit)**
- ¼ teaspoon almond extract**
- ¼ cup toasted, sliced or chopped almonds**

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the apricots, simple syrup or honey (if using) and almond extract into the frozen freezer bowl.
2. Once the apricot mixture is frozen, but still soft, about 18 minutes, slowly add the almonds to the churning mixture. Once all have been added, allow to churn to fully mix for an additional 1 or 2 minutes.

Nutritional information per serving (based on ½ cup):
Calories 87 (20% from fat) • carb. 17g • pro. 3g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 26mg • fiber 3g

Banana Chip “Ice Cream”

So creamy and delicious — hard to believe it is not ice cream!

Makes about 4 cups

- 1 tablespoon honey**
- 1 teaspoon pure vanilla extract**
- ¼ teaspoon ground cinnamon**
- Pinch kosher salt**
- 6 medium to large, ripe bananas, cut into 1-inch pieces**
- 2 ounces semisweet or bittersweet chocolate, chopped (if using chips, about ⅓ cup)**

1. Mix the honey, vanilla, cinnamon and salt together in a small measuring cup or bowl. Set aside.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit

paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the bananas into the frozen freezer bowl and then follow with the combined honey mixture.

3. While the bananas are churning, melt the chocolate and keep warm; reserve.
4. Once the banana mixture is frozen, but still soft, about 15 minutes, slowly drizzle or spoon in the melted chocolate to the churning mixture. Once all has been added, allow to churn to fully mix for an additional 1 or 2 minutes.

Nutritional information per serving (based on ½ cup):
Calories 126 (18% from fat) • carb. 27g • pro. 1g
• fat 3g • sat. fat 1g • chol. 0mg • sod. 17mg
• calc. 6mg • fiber 3g

Simple Fruit “Sorbet”

Keep the bananas, but use any other favorite fruit to come up with your own blend. Bananas are a good base and lend a creaminess to almost any combination.

Makes about 3 cups

- 2 cups ripe bananas (about 1½ medium bananas), cut into 1-inch pieces**
- 2 cups mango (about 1 medium mango), cut into 1-inch pieces**
- 1 cup strawberries, hulled and halved**

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put all of the fruit into the frozen freezer bowl.
2. Allow to churn until desired consistency, about 15 to 20 minutes.

Nutritional information per serving (based on ½ cup):
Calories 70 (5% from fat) • carb. 17g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 13mg • fiber 2g

Kiwi-Lime Pucker

Sweet and sour, this kiwi sorbet is a refreshing, low-calorie dessert.

Makes about 3½ cups

- ¼ cup Simple Syrup (see recipe, page 11)**
- 1 teaspoon fresh lime juice**

- 1** **teaspoon grated lime zest**
8 **medium, ripe kiwis, peeled and cut into**
 1-Inch pieces

1. Mix the simple syrup, lime juice and zest together in a small measuring cup or bowl. Set aside
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the kiwis into the frozen freezer bowl and then follow with the combined syrup mixture.
3. Allow to churn until desired consistency, about 15 to 20 minutes.

Nutritional information per serving (based on ½ cup):
Calories 71 (6% from fat) • carb. 183g • pro. 12g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 3mg
• calc. 20mg • fiber 2g

Tropical Mango “Sorbet” with a Kick

Blending the ingredients first allows the ginger flavor to really shine in this creamy, frozen dessert.

Makes about 3½ cups

- ½** **cup coconut milk**
2 **large, ripe mangos, peeled,**
 pitted and cut into 2-inch pieces
½ inch **piece fresh ginger**
 Pinch kosher salt

1. Put all ingredients, in the order listed, into a blender jar. Run on High until fully blended.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mango mixture into the frozen freezer bowl.
3. Allow to churn until desired consistency, about 20 minutes.

Nutritional information per serving (based on ½ cup):
Calories 67 (42% from fat) • carb. 10g • pro. 1g
• fat 3g • sat. fat 3g • chol. 0mg • sod. 24mg
• calc. 7mg • fiber 1g

Strawberry Basil “Sorbet”

Strawberries and basil are two ingredients that scream summer. They come together nicely in this bright sorbet.

Makes about 3 cups

- ½** **cup Simple Syrup (see recipe, page 11)**
2 to 3 **large sprigs fresh basil**
6 **cups fresh strawberries, hulled and halved**

1. Prepare the basil simple syrup. Put the simple syrup into a small saucepan set over medium heat. Once syrup comes to a simmer, add the basil and remove the pan from the heat. Rest for about 30 minutes before removing the basil and then chilling completely for use.
2. Once the simple syrup has cooled, prepare your frozen dessert. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, add the strawberries into the frozen freezer bowl and then follow with the basil simple syrup*.
3. Allow to churn until desired consistency, about 20 minutes.

*There will be some simple syrup remaining. It can be stored in an airtight container in the refrigerator for up to one week and used like the simple syrup recipe on page 11.

Nutritional information per serving (based on ½ cup):
Calories 87 (4% from fat) • carb. 23g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 28mg • fiber 4g

Cranberry Spice “Sorbet”

Looking for a new dish to add to the holiday dessert table? This frozen treat is reminiscent of a sweet cranberry sauce, but is mousse-like in consistency. Serve a scoop alongside vanilla sponge cake.

Makes about 3½ cups

- 5** **cups cranberries (fresh or frozen – not**
 thawed. If using frozen, use two 10-ounce
 bags)
1¼ **cups granulated sugar**
¼ **cup orange juice**
1 **cinnamon stick**
1 **star anise pod**
 Pinch ground cloves
 Pinch ground nutmeg

1. Put all ingredients into a medium saucepan set over medium heat. Bring mixture to a boil and then reduce heat to maintain a simmer. Let simmer for 30 minutes, to allow most of the cranberries to open. Cool completely.
2. Once fully cooled, remove the cinnamon stick and star anise pod. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl.
3. Allow to churn until desired consistency, about 20 minutes.

Nutritional information per serving (based on ½ cup):
Calories 186 (1% from fat) • carb. 45g • pro. 1g
 • fat 0g • sat. fat 0g • chol. 0mg • sod. 21mg
 • calc. 16mg • fiber 5g

Mixed Berry “Sorbet”

Since this recipe can be made with either fresh or frozen berries, it can be enjoyed any time of year.

Makes about 4 cups

6 cups mixed berries (fresh or frozen)
½ cup granulated sugar
3-inch piece orange peel

1. Put all ingredients into a medium saucepan set over medium heat. Bring mixture to a boil and then reduce heat to maintain a simmer. Allow to simmer until sauce is thickened and berries are falling apart, about 30 to 35 minutes. Cool completely.
2. Once fully cooled, assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl.
3. Allow to churn until desired consistency, about 20 minutes.

Nutritional information per serving (based on ½ cup):
Calories 95 (2% from fat) • carb. 24g • pro. 1g
 • fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg
 • calc. 15mg • fiber 4g

Peach Crisp “Sorbet”

Frozen peach pie – without the fat and calories!

Makes about 3½ cups

Peaches:

6 medium peaches, peeled, pitted and cut into eighths
2 tablespoons light brown sugar
1 cinnamon stick

Crisp:

½ cup rolled oats (not quick cooking)
2 tablespoons unsalted butter
1 tablespoon light brown sugar
½ teaspoon ground cinnamon
Pinch kosher salt

1. Put the peaches, 2 tablespoons brown sugar and cinnamon stick into a medium saucepan set over medium heat. Bring mixture to a boil, and then reduce heat to maintain a simmer. Allow to cook until peaches are very soft, about 35 minutes. Cool completely.
2. While peaches are cooking, prepare the crisp mixture. Put the oats into a medium skillet set over medium-high heat. Cook, stirring, until fragrant, about 2 minutes. Add the remaining ingredients and cook until well coated and toasted, about 5 minutes. Remove and cool.
3. Once the peaches are fully cooled, remove the cinnamon stick. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl.
4. Once the peach mixture is frozen, but still soft, about 18 minutes, slowly add the cooled crisp to the churning mixture. Once all has been added, allow to churn to fully mix for an additional 1 or 2 minutes.

Nutritional information per serving (based on ½ cup):
Calories 99 (17% from fat) • carb. 21g • pro. 1g
 • fat 2g • sat. fat 1g • chol. 4mg • sod. 23mg
 • calc. 11mg • fiber 2g

Riesling Pear “Sorbet”

Pears and Riesling, a quintessential flavor combination for autumn, are delicious together in this guilt-free, creamy sorbet

Makes about 3½ cups

- 6 medium pears, peeled, cored and cut into 2-inch pieces**
- 1 cup sweet Riesling wine**
- 2 tablespoons honey**
- 1 teaspoon pure vanilla extract**

1. Put all ingredients into a medium saucepan set over medium heat. Bring mixture to a boil and then reduce heat to maintain a simmer. Allow to simmer until pears are very soft and Riesling has slightly thickened, about 30 to 35 minutes. Cool completely.

2. Once fully cooled, assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl.

3. Allow to churn until desired consistency, about 20 minutes.

*Nutritional information per serving (based on ½ cup):
Calories 108 (1% from fat) • carb. 22g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 5mg • fiber 2g*

Sweet Apple “Sorbet”

Try this frozen apple dessert with caramel sauce for a fun take on the caramel apple.

Makes about 3 cups

- 6 medium apples, peeled, cored and cut into 2-inch pieces**
- 2 tablespoons maple syrup**
- 1 cinnamon stick**
- ¼ teaspoon ground nutmeg**
- Pinch ground allspice**

1. Put all ingredients into a medium saucepan set over medium heat. Bring mixture to a boil and then reduce heat to maintain a simmer. Allow to simmer until apples are very soft, about 30 to 35 minutes. Cool completely.

2. Once fully cooled, remove the cinnamon stick. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit

paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl.

3. Allow to churn until desired consistency, about 20 minutes.

*Nutritional information per serving (based on ½ cup):
Calories 99 (5% from fat) • carb. 25g • pro. 0g
• fat 1g • sat. fat 0g • chol. 0 mg • sod. 0mg
• calc. 15mg • fiber 4g*

Simple Syrup

Simple syrup is a great ingredient to have on hand. It can be stored in an airtight container in the refrigerator for up to one week. Use in cocktails, homemade lemonade, or stir into seltzer water.

Makes 1½ cups

- 1 cup water**
- 1 cup granulated sugar**

1. Put water and sugar into a small saucepan and place over medium-high heat. Once mixture comes to a boil, stir to make sure all sugar is dissolved and then remove from heat.

2. Cool completely before using.

*Nutritional information per serving (based on ¼ cup)
Calories 80 (0% from fat) • carb. 24g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg • calc. 0mg • fiber 0g*

Piña Colada

Using real coconut milk provides the creaminess and maintains the flavor without any artificial ingredients.

Makes about 4 cups

- 1 can (13.5 ounces) coconut milk**
- ¾ cup white rum**
- ½ cup Simple Syrup (see recipe, above)**
- 2½ cups very ripe, fresh pineapple, cut into 2-inch pieces**

1. Put all ingredients, in the order listed, into a blender jar. Run on High until fully blended.

2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the pineapple mixture into the frozen freezer bowl.

3. Allow to churn until a slushy consistency, about 10 to 15 minutes. Serve in chilled glasses, preferably with a straw.

Nutritional information per serving (based on ½ cup):
Calories 379 (40% from fat) • carb. 34g • pro. 1g
• fat 18g • sat. fat 17g • chol. 0mg • sod. 37mg
• calc. 0mg • fiber 1g

Mango Slushy

A fun drink or mocktail for kids of all ages.

Makes about 4 cups

- 4 cups ripe mango, cut into 1-inch pieces
- 1 cup orange juice
- 1 tablespoon agave nectar

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the mango into the frozen freezer bowl.
2. Churn the mango for about 5 minutes, to allow the mango to break down and become smooth, and then add the remaining ingredients.
3. Allow to churn until a slushy consistency, an additional 1 to 2 minutes. Serve immediately in chilled glasses, preferably with a straw.

Nutritional information per serving (based on ½ cup):
Calories 134 (4% from fat) • carb. 33g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 3mg
• calc. 52mg • fiber 3g

Frozen Fruit Smoothie

Have any leftover frozen fruit dessert? Blend it up to make a cool smoothie.

Makes about 3 cups

- 1 cup vanilla yogurt
- 2 cups frozen fruit mixture (choose your favorite recipe or blend)

1. Put all ingredients, in the order listed, into a blender jar. Run on High until fully blended.
2. Serve immediately.

Nutritional information per serving (based on ½ cup using the Simple Fruit Sorbet recipe on page 8): Calories 85 (15% from fat) • carb. 17g • pro. 2g • fat 1g • sat. fat 1g
• chol. 5mg • sod. 26mg • calc. 76mg • fiber 1g

Simple Vanilla Ice Cream

This ice cream can easily be dressed up by adding your favorite chopped candies or sprinkles at the end of churning.

Makes about 3 cups

- ¾ cup whole milk
- ½ cup granulated sugar
- Pinch kosher salt
- 1½ cups heavy cream
- 1½ teaspoons pure vanilla extract

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate a minimum of at least 2 hours, preferably overnight. Whisk mixture together again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 286 (70% from fat) • carb. 18g • pro. 1g
• fat 21g • sat. fat 15g • chol. 84mg • sod. 40mg
• calc. 38mg • fiber 0g

Double Chocolate Ice Cream

For the chocolate lover.

Makes about 5 cups

- ¾ cup cocoa powder, sifted
- ½ cup granulated sugar
- ⅓ cup packed light or dark brown sugar
- Pinch kosher salt
- 1 cup whole milk
- 2 cups heavy cream
- ½ tablespoon pure vanilla extract

½ **cup Hot Fudge Sauce, warm**
(see recipe, page 16)

1. In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa, sugars and salt are dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate at least 2 hours, preferably overnight. Whisk mixture together again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thick, about 18 to 20 minutes. Just before finishing, add the Hot Fudge Sauce and allow to mix into the churning ice cream for about 1 minute. Turn unit off. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 160 (25% from fat) • carb. 28g • pro. 2g
• fat 5g • sat. fat 3g • chol. 10mg • sod. 43mg
• calc. 32mg • fiber 2g

Espresso Chip Ice Cream

Serve with whipped cream to get a full latte effect.

Makes about 3 cups

1 **recipe Simple Vanilla Ice Cream**
(see recipe, page 12)
1 **tablespoon cornstarch**
1 **tablespoon instant espresso**
⅓ **cup miniature semisweet chocolate chips**

1. Whisk together the vanilla ice cream base and then add the cornstarch and the espresso. Whisk well until fully incorporated and smooth. Cover and refrigerate a minimum of at least 2 hours, preferably overnight. Whisk mixture together again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thick, about 18 to 20 minutes. Just before finishing, add the chocolate chips and allow to mix into the churning ice cream for about 1 minute. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight

container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 268 (63% from fat) • carb. 22g • pro. 2g
• fat 18g • sat. fat 12g • chol. 59mg • sod. 40mg
• calc. 43mg • fiber 0g

Fresh Strawberry Ice Cream

Best made when strawberries are at their peak of freshness, this ice cream is light, sweet and fruity.

Makes about 5 cups

½ **cup whole milk**
½ **cup granulated sugar**
Pinch kosher salt
1 **cup heavy cream**
1 **teaspoon pure vanilla extract**
1 **cup fresh, ripe strawberries, hulled and halved (or quartered if they are particularly large in size)**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, preferably overnight.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the strawberries into the frozen freezer bowl and let mix for 5 minutes to break up. Once the 5 minutes have elapsed, whisk the ice cream base together and then pour into frozen freezer bowl with the churning strawberries. Allow to mix until thickened, about 15 to 20 additional minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 192 (62% from fat) • carb. 16g • pro. 1g
• fat 13g • sat. fat 9g • chol. 51mg • sod. 23mg
• calc. 26mg • fiber 0g

Salted Caramel Ice Cream

This decadent combination will satisfy your sweet and salty cravings.

Makes about 3½ cups

Ice Cream Base:

- 1¼ cups whole milk
- 1¼ cups heavy cream
- ⅓ cup granulated sugar, divided
- Pinch kosher salt
- 1½ teaspoons pure vanilla extract
- 4 large egg yolks

Caramel Sauce:

- ½ cup granulated sugar
- ¼ teaspoon kosher salt
- 2 to 3 tablespoons water (enough to cover sugar to make it seem like wet sand)
- ¼ cup heavy cream
- 2 tablespoons unsalted butter
- Flaked sea salt, for garnish

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the sugar, salt and vanilla extract. Bring the mixture just to a boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should take about 5 to 15 minutes, depending on the pot being used and the stove.
4. Pour the mixture through a fine mesh strainer and bring to room temperature. Cover and refrigerate 1 to 2 hours, preferably overnight.
5. Once the ice cream base has sufficiently cooled, prepare the caramel sauce. Put the sugar, salt and water in a heavy bottomed, small saucepan set over medium heat. Keep an eye on the caramel and allow to cook until amber in color (the color of maple syrup). Remove from heat and stir in the heavy cream and butter (it will froth a bit, so add it slowly). Whisk together and then set aside until ready to use. Allow to cool to room temperature.

6. Reserve 2 tablespoons of the caramel sauce and add the rest to the ice cream base; whisk well to combine.
7. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Mix until thickened, about 20 minutes. Add the reserved 2 tablespoons of the caramel sauce and allow to churn until just swirled in, no more than 30 seconds. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving. Garnish with a pinch of the flaked sea salt.

Nutritional information per serving (based on ½ cup):
Calories 353 (65% from fat) • carb. 26g • pro. 3g
• fat 24g • sat. fat 16g • chol. 189mg • sod. 104mg
• calc. 67mg • fiber 0g

Dairy-Free Vanilla Ice Cream

You will not miss anything in this alternative sweet treat.

Makes about 4 cups

- 3 cups unsweetened dairy-free milk (soy, hemp, almond, rice)
- 2 tablespoons tapioca starch
- ⅔ cup granulated sugar
- Pinch kosher salt
- 1½ teaspoons pure vanilla extract

1. In a medium bowl, use a hand mixer on low speed or whisk to combine all of the ingredients. Cover, refrigerate at least 2 hours, preferably overnight. Whisk mixture again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 103 (11% from fat) • carb. 19g • pro. 3g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 11mg
• calc. 15mg • fiber 2g

Coconut Ice Cream with Chocolate Chunks (dairy free)

Rich and creamy with the perfect amount of chocolate in every bite.

Makes about 6 cups

- 2 cans (13.5 ounces each) coconut milk (do not use “lite”)**
- ¾ cup granulated sugar**
- Pinch kosher salt**
- 1 teaspoon pure vanilla extract**
- 4 ounces semisweet chocolate (about ¾ cup), melted and kept warm (can use dairy-free or carob chips)**

1. Using a blender or in a bowl with an immersion blender on low speed, mix the coconut milk, sugar, salt and vanilla until very smooth with no clumps. Chill for at least 2 hours, preferably overnight. Whisk mixture before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thick, about 18 minutes. Slowly drizzle in the melted chocolate; allow to churn to fully mix for an additional 1 or 2 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 206 (60% from fat) • carb. 21g • pro. 1g
• fat 15g • sat. fat 13g • chol. 0mg • sod. 17mg
• calc. 3mg • fiber 1g

Triple Citrus Sorbet

Cool and refreshing, this sorbet uses citrus juice plus the zest to maximize flavor.

Makes 4½ cups

- 2 large grapefruits (about 2½ pounds)**
- 2 oranges (about 1½ pounds)**
- 1 lime**
- 1 cup granulated sugar**
- 1 cup water**

1. Peel a 4-inch piece of zest off of one grapefruit and one orange. Grate ½ teaspoon of zest from the lime; reserve.
2. Put the grapefruit and orange peel into a medium saucepan with 1 cup of sugar and 1 cup of water. Set over medium-low heat and cook until the sugar has fully dissolved. Remove from heat and cool completely. Once cool, remove the citrus peels and discard.
3. Juice the grapefruits, oranges and lime. There should be about 3 cups of juice in total. Whisk together with the lime zest and the cooled citrus simple syrup.
4. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 22 to 24 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):
Calories 147 (1% from fat) • carb. 38g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 45mg • fiber 3g

Rich Vanilla Frozen Yogurt

While part-skim or fat-free yogurt can be substituted, to get the real flavor and richness of this frozen yogurt, it is best to use the whole-milk variety.

Makes about 4 cups

- 2 tablespoons light corn syrup**
- 2 tablespoons honey**
- ¼ cup water**
- 1 vanilla bean, split seeds scraped and set aside**
- 4 cups whole milk, plain Greek yogurt**
- 1½ teaspoons pure vanilla extract**
- 1¼ cups granulated sugar**
- Pinch kosher salt**

1. Put the corn syrup, honey, water and scraped vanilla pod (not the seeds; they will be used in the next step) into a medium saucepan. Bring mixture to a boil and then simmer until reduced by half (but be sure that it has not picked up too much color); cool and reserve.

Ice Cream and Fruit Pies

A quick and easy dessert, these pie crusts will please any palate. They are all made to fit into a standard 9-inch pie plate, but they can also be set into a 9-inch springform pan for a one-layer ice cream cake.

Chocolate Cookie Crust:

- 16** chocolate sandwich cookies
- 4** tablespoons unsalted butter (you can also substitute coconut oil or vegetable oil in place of the butter), melted and cooled slightly

Gingersnap Cookie Crust:

- 2** cups gingersnap cookies (the standard size sold at most stores are small, about 2 inches in diameter. If you have larger cookies, break them up and measure to 2 cups)
- 4** tablespoons unsalted butter (you can also substitute coconut oil or vegetable oil in place of the butter), melted and cooled slightly

Graham Cracker Crust:

- 1½** cups graham cracker crumbs (about one sleeve of graham crackers)
- ½** teaspoon ground cinnamon
- 6** tablespoons unsalted butter (you can also substitute coconut oil or vegetable oil in place of the butter), melted and cooled slightly
- 3½ to 4** cups ice cream or frozen fruit mixture

1. Put all ingredients for the pie crust of choice into a food processor fitted with the chopping blade. Process until completely combined, stopping to scrape down as needed to be sure mixture is homogenous.
2. Transfer crumb mixture to a 9-inch pie plate. Press into the plate to cover all sides and bottom. Cover and chill in the refrigerator overnight, or into the freezer for 2 hours.
3. When ready to make the pie, remove from freezer/refrigerator and fill with your favorite ice cream or fresh fruit mixture. Cover and chill in the freezer until firm, 2 to 3 hours, or overnight.
4. Remove from freezer 10 to 15 minutes before slicing and serving.

Nutritional information per serving based on 12 servings: (pie with Graham Cracker Crust and Simple Vanilla Ice Cream) Calories 254 (59% from fat) • carb. 24g • pro. 2g • fat 17g • sat. fat 120g • chol. 49mg • sod. 209mg • calc. 32mg • fiber 1g

2. In a large mixing bowl, whisk the yogurt, reserved honey-vanilla reduction, vanilla seeds and vanilla extract, sugar and salt together. Whisk until the sugar has dissolved. Cover and refrigerate for 2 to 3 hours, preferably overnight.
3. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):
Calories 303 (34% from fat) • carb. 46g • pro. 5g
• fat 12g • sat. fat 8g • chol. 30mg • sod. 71mg
• calc. 151mg • fiber 0g*

Hot Fudge Sauce

*No sundae bar is complete without
homemade hot fudge.*

Makes about 2 cups

- ⅔** cup heavy cream
- ⅓** cup light corn syrup
- ⅓** cup packed light brown sugar
- ¼** cup cocoa powder, sifted
- ¼** teaspoon kosher salt
- 2** tablespoons unsalted butter
- 1** teaspoon pure vanilla extract
- 6** ounces semisweet chocolate, chopped

1. In a heavy-bottomed saucepan, combine all ingredients except for semisweet chocolate. Set over medium-low heat and bring to a slight boil. Add chocolate and whisk to combine. Best when served hot or warm. If using at another time, cool to room temperature and then store in the refrigerator; reheat before serving. Hot Fudge Sauce will keep in the refrigerator for up to 1 week.

*Nutritional information per serving (2 tablespoons):
Calories 137 (50% from fat) • carb. 17g • pro. 1g
• fat 8g • sat. fat 5g • chol. 17mg • sod. 42mg
• calc. 4mg • fiber 1g*

Ice Cream Sandwiches

These cookies bake flatter and crispier than your average chocolate chip cookie—perfect for sandwiching your favorite ice cream.

*Nutritional information per ice cream sandwich
(based on Simple Vanilla Ice Cream):
Calories 481 (55% from fat) • carb. 51g • pro. 4g
• fat 30g • sat. fat 19g • chol. 107mg • sod. 308mg
• calc. 67mg • fiber 1g*

Makes about 12 ice cream sandwiches (24 full cookies)

Cookies:

- 1 cup plus 1 tablespoon unbleached, all-purpose flour**
- 1 teaspoon kosher salt**
- ¾ teaspoon baking soda**
- 1 stick (8 tablespoons) unsalted butter, softened**
- ¾ cup packed light brown sugar**
- ¾ cup granulated sugar**
- 1 large egg, room temperature**
- 1 teaspoon pure vanilla extract**
- 6 ounces semisweet chocolate chips (or pieces of chocolate broken up)**
- 6 cups ice cream, slightly softened**

1. Put the flour, salt and baking soda together in a small bowl. Whisk to combine. Reserve.
2. In a large bowl, mix the butter and sugars together, using a hand mixer fitted with the mixing beaters, until light and creamy. Add the egg and vanilla. Mix until combined. Add the dry ingredients and chips and mix until just combined.
3. Scoop the dough into 1-inch rounds and chill in the refrigerator overnight.
4. Preheat oven to 350°F. Transfer dough to a parchment-lined baking sheet, leaving 2 to 3 inches in between each dough mound (these cookies are very thin and spread quite a bit). Bake in the preheated oven until golden around the edges, but not fully set in the middle, about 12 minutes. Allow to cool on the pan for a few minutes, and then transfer to a cooling rack.
5. Once cookies have finished baking and they are sufficiently cooled, scoop ½ cup of the softened ice cream on top of one cookie and then carefully press another cookie on top of the ice cream. You could also use a small spatula to spread the ice cream to prevent the cookies from possibly breaking.
6. Wrap each ice cream sandwich in plastic wrap and freeze until firm, 3 to 4 hours, but preferably overnight.

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