

## **HONEY-BANANA ICE CREAM**

Source: Lee Bailey's Soup Meals

### **INGREDIENTS:**

1 C heavy cream  
1 C milk  
2/3 C honey  
3 egg yolks, room temperature  
Pinch salt  
1 C mashed ripe bananas

### **DIRECTIONS:**

Combine cream & milk in saucepan - slowly cook over moderate heat till heated (2 minutes) - off heat, add honey & mix till completely dissolved. Set aside.

Beat egg yolks with salt till frothy - add 1/2 C of honey-cream mixture to heat yolks - return pan to low heat & add yolks. Stirring all the while, cook till mixture coats back of a spoon (several minutes). Pour into ice cream maker & freeze according to directions till it begins to thicken. Mix in mashed bananas & finish freezing.

Makes about 1 1/2 pints