

Pecans and Molasses Ice Cream

This sounds unusual, but the flavors match up perfectly. The flavor from the molasses is balanced perfectly by the lovely crunch from the pecans.



Serves 12 | Prep. time 14-16 minutes | Freezing time 4 hours

Ingredients

½ cup molasses

1 (14-ounce) can sweetened condensed milk

1 teaspoon pure vanilla extract

2 cups heavy cream
¾ cup roasted pecans

Directions

1. In a large mixing bowl, combine the molasses with the condensed milk and vanilla extract.
2. In another bowl, whip the heavy cream until stiff peaks form.
3. Fold a scoop of the whipped cream into the condensed milk mixture, then transfer the sweetened condensed milk mixture into the remaining whipped cream and fold it in until it is creamy and delicious.
4. Spread the mixture in a Pyrex or stainless steel 8x8-inch pan.
5. Place the ice cream in the freezer for about 2 hours.
6. Fold the pecans into the ice cream base and return it to the freezer for 2 more hours.
7. Remove the ice cream from the freezer and let it stand for 10 minutes.
8. Scoop out and serve.

Nutrition (per serving)

Calories 342, Fat 21.3 g, carbs 35.1 g, sugar 34.6 g
Protein 4.3 g, sodium 60.2 mg