

Quick Persimmon Ice Cream

Serves 4

2 ripe hachiya persimmons (about 1 lb total),
clean and frozen hard

¼ cup sugar

¼ tsp. vanilla extract

½ cup buttermilk

2 tsp. fresh lemon juice



Quarter frozen persimmons carefully; remove stems and any seeds. In a blender container with a lid, place persimmons and sugar; process until broken into chunks. Add buttermilk and puree until smooth, stopping the blender to scrape down sides as needed. Add lemon juice and puree again. Spoon into dishes and serve immediately.

Per serving: 120 calories, 0 g fat, 1 g protein, 30 g carbohydrate, 3 g fiber, 50 mg sodium

This recipe is 500 Club Approved and is a Foot Steps to Health recipe