

Peach Ice Cream



- 6 FRESH RIPE (see page 16 Volume 4 Peaches: peeled, pitted and diced)
- 3 C heavy cream
- 1/2 C water
- sweetener of your choice = 3/4 C sugar
- 1 t almond extract
- 5 egg yolks (save whites for Dream Clouds page 27 **Cooking with Judy**)

Warm the cream, water and almond extract just until bubbles appear around top of cream.

In a separate bowl or top of a double boiler whisk the egg yolks vigorously until they are thick and light in color).

Very SLOWLY add the warm cream to the eggs, then whisk in the sweetener. Place over boiling water and stir until thickened and the back of the spoon leaves a mark.

Pour into a large bowl. Cover surface with wax paper and chill overnight. The next day fold in diced FRESH RIPE peaches. Follow the directions for your ice cream maker.

For best results for making homemade Ice cream check the instructions for Dark Cherry Ice Cream on page 39 in **Cooking with Judy**. Dark Chocolate Ice Cream, page 66 in **Volume 2**. Lemon Custard Ice Cream on page 56 in **Volume 6** has pictures of; a double boiler (use the top for whisking eggs), the back of the spoon when the custard is ready, how to cover the surface of the custard with wax paper and, how to wrap the cups in foil for freezing.



Should you want to use Frozen peaches I would suggest you increase the sweetener to =1C sugar and instead of this recipe follow the one for Dark Cherry listed above.



The EYES have it! Our most precious element. They will take us far if we will only take good care of them. Eat foods high in nutrition that promote good eye health. Can you name 10? If not you better be doing some important research. That is what brought me to these two quick and easy ways to stimulate your eyes for better health. We've all heard of rolling your eyes, it keeps them supple and moisturized. I had never heard of WARMING them up. Simply rub your palms together to create heat then hold the palms over your eyes for 10 seconds. AMAZING