

*This is very gourmet
tasting ice cream!*

Pumpkin Ice Cream



- 2 cups homemade SCD yogurt
- 1 cup pumpkin or acorn squash - cooked, drained, and cooled
- $\frac{1}{2}$ cup honey
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- $\frac{1}{2}$ tsp. ground cloves



Cook several acorn squashes or some pumpkin in boiling water until soft; about $\frac{1}{2}$ hour. Drain water, scrape from skin, and place in a strainer to drain and cool.*

Place all ingredients in a blender and process until smooth. Pour into a counter-top electric ice cream maker and mix for about $\frac{1}{2}$ hour, or until thick and creamy.

Carefully spoon into a shallow, long container and freeze.

*When cooking the pumpkin or squash, you can prepare a larger quantity and freeze in 1 c. amounts for future ice cream making!