

- » 13-ounce can (385 mL can) evaporated milk
- » 2 tablespoons (30 mL) sugar replacement
- » 1 1/2 cups (375 mL) whole milk
- » 1 tablespoon (15 mL) vanilla extract
- » 3 eggs (well beaten)

YIELD: 8 servings

EXCHANGE: 1/2 milk, 1/2 lean meat per serving

CALORIES: 122 per serving

Combine evaporated milk and sugar replacement. Beat well until sugar is dissolved. Add whole milk and vanilla extract; beat well. Add eggs; beat eggs into milk mixture vigorously. Pour into ice cream maker. Freeze according to manufacturer's directions.