



Please read and save these instructions.

NewAir AIC-220 Ice Cream Maker

INSTRUCTION MANUAL

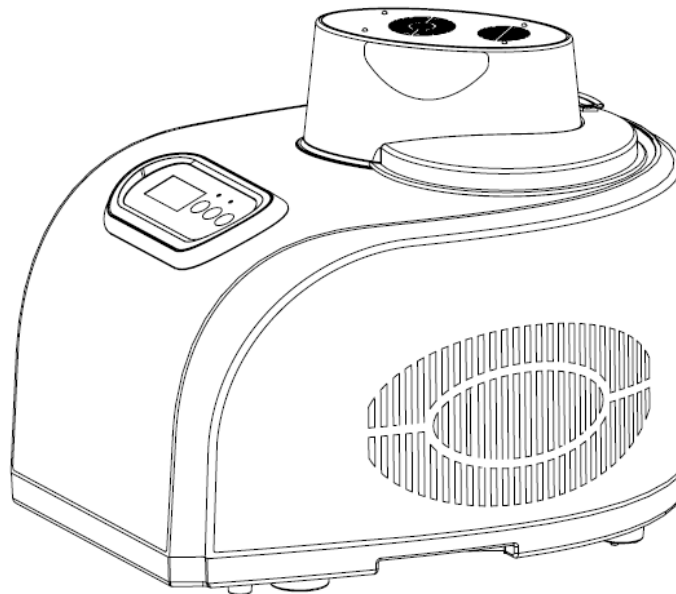


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INTRODUCTION:

This is an automatic, self-refrigerated ice cream maker. For your safety and continued enjoyment of this product, read this instruction manual carefully before using.

SPECIFICATIONS:

Model Number: AIC-220

Capacity: 1.5 quart

Voltage: 110-120V

Frequency: 60 Hz

Power Consumption: 150 W

Cooling Temperature: -0.4~--31°F

Unit Dimensions: 15.2" x11.8" x 12.3"

Package Dimensions: 17.7" x 13.6" x 14.3"

N.W: 26.9 lbs.

G.W: 29.5 lbs.

IMPORTANT SAFEGUARDS:

When using any electrical appliance, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury. Please follow the guidelines below:

1. Read all instructions before using.
2. Ensure the voltage is compliant with the voltage range stated on the rating label, and make sure the power outlet and cord is in good condition.
3. If the power cord is damaged, it must be replaced by the manufacturer, an authorized service agent or a similarly qualified person.
4. Place the ice cream maker on an even, level surface. Do not rest the unit on an angle.
5. To protect against electric shock, do not let the power cord or vents get wet. Also, do not submerge the unit in water.
6. Unplug the appliance from the power supply after using or before cleaning.
7. Keep the appliance at least 3.15" (8 cm) from other objects to ensure proper airflow.
8. Do not use any accessories or parts not recommended by the manufacturer.
9. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning its use by a person responsible for their safety. Close supervision is necessary when this appliance is used by or near children.
10. Do not operate this appliance near heat sources such as flames, hot plates or stoves.
11. Do not switch on the power button frequently. Wait at least 5 minutes. This will prevent compressor damage.
12. To prevent fire and short circuiting, do not insert metal objects or any other objects into the appliance.
13. When removing ice cream from the unit, be sure to carefully remove the mixing bowl from the unit.
14. Make sure the mixing bowl and mixing blade are installed before turning the unit on.
15. The initial temperature of the ingredients is $77\pm 9^{\circ}\text{F}$. Do not pre-freeze ingredients, as this can block or damage the mixing blades.
16. Do not remove the blender motor from the ice cream machine while the unit is in operation.
17. After the ice cream making process has been completed, you can keep the ice cream cooler longer by removing the blender motor. This will also ensure long motor life.
18. Do not use this ice cream maker outdoors.
19. Do not clean this ice cream maker with harsh chemicals or cleaners.
20. Please keep this instruction manual for future reference.

PARTS & FEATURES:

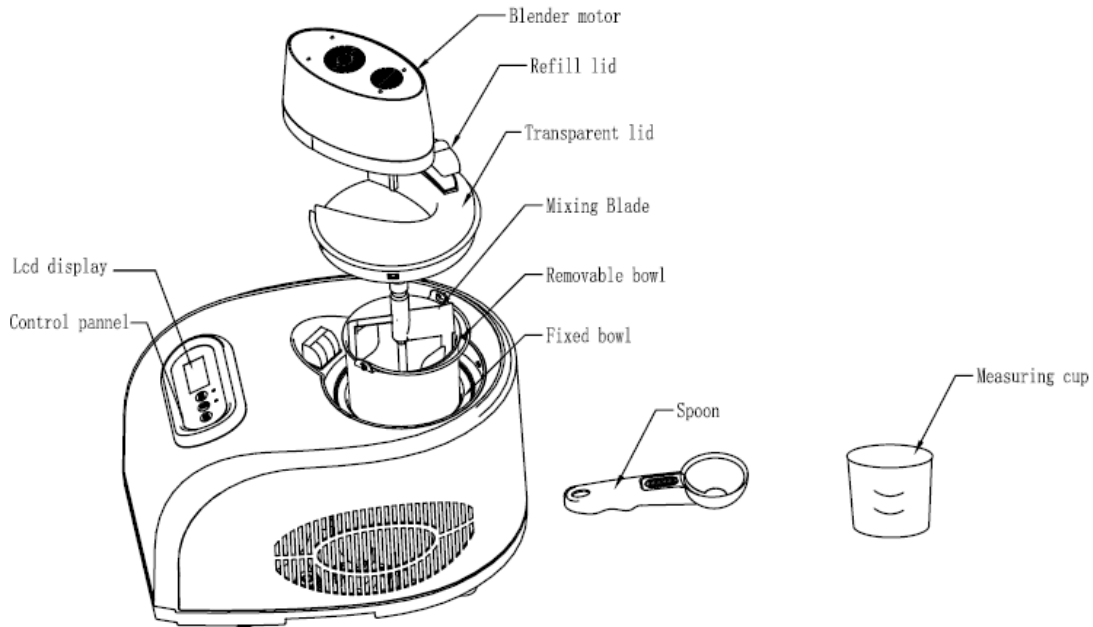


Illustration 1 – Parts List

BEFORE USING FOR THE FIRST TIME:

Cleaning the Ice Cream Maker

Before using the ice cream maker for the first time, thoroughly wash all parts in warm, soapy water. This includes all parts that will come into contact with your ice cream (fixed bowl, removable mixing bowl, mixing blade, transparent lid, refill lid, measuring cup and spoon).

Adding Ingredients

Prepare recipe ingredients from the recipes listed in this instructional manual or use your own recipe. Place the mixing bowl in the unit and pour your ingredients in the bowl. Because this ice cream maker has a built-in compressor, you will not need to freeze ingredients in a freezer.

Assembly

WARNING: Make sure the power cord is unplugged.

IMPORTANT: The unit should be placed on a flat, even surface and needs to remain upright at all times.

1. Place the seal ring on top of the fixed bowl.
2. Place the removable bowl into the fixed bowl located in the unit's interior.
3. Place the mixing blade in the removable bowl.
4. Place the transparent lid on top of the bowls and keep the mixing blade fitted in the center of the transparent lid.
5. Place the refill lid on the transparent lid.
6. Mount the blender motor onto the transparent lid and make sure the motor axis is correctly fitted in the hole at the top of the mixing blade.

MAKING ICE CREAM & FROZEN DESSERTS:

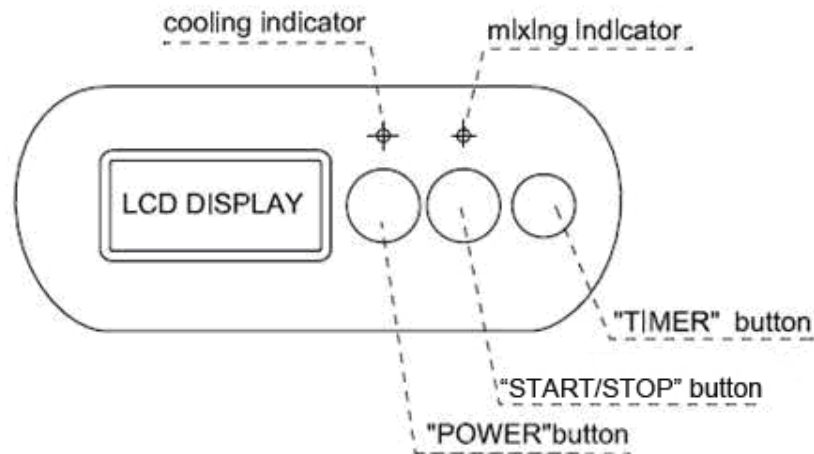


Illustration 2 – Control Panel

Connect the Ice Cream Maker to a Power Source

Make sure that the voltage indicated on the rating label is compatible with your home voltage. Plug the unit into a power outlet.

Button Functions

[POWER] Button: After connecting the unit to the power supply, press the [POWER] button. The LCD screen should display "60:00"; this means the default operating time is 60 minutes.

[TIMER] Button: The unit can be set to 10, 20, 30, 40, 50 and 60 minutes of operation time. You can change the operating time by repeatedly pressing the [TIMER] Button. You can select different operating times according to your taste preferences, but the default time will be 60 minutes.

[START/STOP] Button: After the operating time is set, press the [START/STOP] button to begin the ice cream making process. The unit will immediately start mixing and cooling your ingredients and both indicators will light up. When the countdown ends, operation will automatically stop, and the unit will beep 10 times. The LCD screen will then display "00:00".

If the ice cream is not immediately removed or if the machine has not been turned off for 10 minutes, the unit will automatically go into "Extended Cooling" mode to prevent the ice cream from melting.

Compressor Self-Protection Function:

1. If the POWER button is pressed during the ice cream making process, the machine will automatically begin to count down for 3 minutes. When the countdown ends, the machine will resume again, and the mixing and cooling functions will start simultaneously. If the POWER button is pressed again during the countdown, the mixing function will start immediately, but the cooling function will only start after the end of the countdown.
2. If the machine suffers a power failure or is suddenly unplugged during the ice cream making process, the automatic countdown function will be deactivated. If this occurs, wait 3 minutes before turning on the machine again. Otherwise, the unit will go into compressor self-protection mode.

Additional Functions

Stopping Operation: You can stop the machine by pressing the [START/STOP] Button for 2 seconds, or press the [POWER] button once whenever the machine is running.

Adjusting Operating Time (When Machine is in Operation): When the machine is running, you can adjust the operating time by repeatedly pressing the [TIMER] Button. Five minutes will be added at a time until the maximum 60 minutes is displayed on the LCD screen. The operating time can be increased but cannot be decreased.

Adjusting Operating Time (After the Cycle is Completed)

When the preset time (60, 50, 40 minutes etc.) is complete and when the machine stops and returns to its initial default status, you can achieve a harder ice cream consistency by following these steps:

1. Restart the machine by pressing the [START/STOP] button for 2 seconds.
2. Select an operating time (10/20/30/40/50/60 minutes) by pressing the [TIMER] button, and then by pressing the [START/STOP] button.
3. The machine will continue to operate for your set time, and will then stop.

Controlling the Volume of Ingredients

To avoid ingredient overflow, make sure the ingredients do not exceed 80% capacity of the removable bowl, as ice cream expands when being formed.

STORING ICE CREAM:

Remove the finished ice cream and transfer into another container using a plastic scoop or a wooden spoon. Do not use a metal scoop, as doing so can scratch the removable bowl.

ICE CREAM RECIPES:

Vanilla Ice Cream

(Makes ten 1/2-cup servings)

- 1 cup whole milk
- 3/4 cup granulated sugar
- 2 cups heavy cream
- 1 /2 teaspoons pure vanilla extract to taste

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved (about 1 – 2 minutes on low speed). Stir in the heavy cream and add the vanilla extract to taste. Turn the ice cream machine on, pour the mixture into the removable mixing bowl and let the mix thicken for about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 239 (68% from fat); carbohydrates: 17g; protein: 2g; fat: 18g; saturated fat: 11g; cholesterol: 69mg; sodium: 30mg

Variations:

Mint Chip: Omit the vanilla and replace with 1 to 1-1/2 teaspoons of pure peppermint extract to taste. Chop up 4 ounces of your favorite bittersweet or semi-sweet chocolate bar into tiny, uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

Butter Pecan: Melt 1 stick of unsalted butter in a 10-inch skillet. Add 1 cup of roughly chopped pecans and 1 teaspoon of kosher salt. Cook over medium-low heat, stirring frequently until the pecans are lightly browned. Remove from heat and strain. The butter will now have a pecan flavor and can be saved for future use. Allow the pecans to cool completely. Add the toasted buttered pecans to the mix during the last 5 minutes of mixing.

Cookies & Cream: Add 3/4 cup of coarsely chopped cookies or your favorite candy during the last 5 minutes of mixing.

Basic Chocolate Ice Cream

(Makes ten 1/2-cup servings)

- 1 cup whole milk
- 1/2 cup granulated sugar
- 240g or 8 ounces bittersweet or semi-sweet chocolate, broken into 1/2-inch pieces
- 2 cups heavy cream
- 1 teaspoon pure vanilla extract

Heat the milk until it is just bubbling around the edges (this may be done on the stovetop or in a microwave). In a blender or food processor, combine the sugar and chocolate until the chocolate is finely chopped. Add the hot milk and blend until mixture is smooth. Transfer mixture to a medium bowl and let the chocolate mixture cool completely. Stir in the heavy cream and vanilla to taste. Turn the machine on and pour the mixture into the mixing bowl. Let the mix thicken for about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 370 (68% from fat); carbohydrates: 34g; protein: 3g; fat: 25g; saturated fat: 11g; cholesterol: 65mg; sodium: 31mg

Variations:

Chocolate Almond: Add 1/2 teaspoon pure almond extract along with the vanilla. Add 1/2 - 3/4 cup chopped, toasted almonds or chopped chocolate-coated almonds during the last 5 – 10 minutes of freezing.

Chocolate Cookie: Add 1/2 - 1 cup chopped cookies during the last 5 minutes of freezing.

Chocolate Fudge Brownie: Add 1/2 - 1 cup chopped, day-old brownies during the last 5 minutes of freezing.

Chocolate Marshmallow Swirl: When transferring the ice cream to a container for freezing, layer it with drizzles of your favorite chocolate sauce and scoops of marshmallow crème.

Fresh Strawberry Ice Cream

(Makes ten 1/2-cup servings)

- 250g or 1 pint fresh, ripe strawberries, stemmed and sliced
- 3 tablespoons freshly squeezed lemon juice
- 1 cup sugar, divided
- 1 cup whole milk
- 2 cups heavy cream
- 1 teaspoon pure vanilla extract

In a small bowl, combine the strawberries with the lemon juice and 1/3 cup of the sugar; stir gently and allow the strawberries to marinate in the lemon juice for 2 hours. In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 – 2 minutes on low speed.

Stir in the heavy cream, vanilla, and any remaining juice from the strawberries. Turn the machine on, pour the mixture into the mixing bowl and let mix thicken for about 50 – 60 minutes. Add the sliced strawberries during the last 5 minutes of freezing.

Please Note: This ice cream will have a “natural” pale pink appearance. If a deeper pink color is desired, sparingly add drops of red food coloring until the desired color is achieved.

Nutritional Analysis per Serving:

Calories: 222 (61% from fat); carbohydrates: 20g; protein: 2g; fat: 15g; saturated fat: 10g; cholesterol: 57mg; sodium: 26mg

Eggnog Ice Cream

(Makes ten 1/2-cup servings)

- 1/2 cup pasteurized egg product
- 3/4 cup sugar
- 1 cup whole milk
- 2 cups heavy cream
- 1 teaspoon rum extract
- 1 teaspoon brandy extract
- 1/2 teaspoon pure vanilla extract
- 1/8-1/4 teaspoon freshly grated nutmeg, to taste

Combine the pasteurized egg product and sugar in a medium bowl and beat on medium speed with a hand mixer until thickened and pale yellow in appearance, about 1-1/2 to 2 minutes. Stir in the whole milk, heavy cream, rum extract, brandy extract, and vanilla extract and blend on low speed. Stir in the nutmeg to taste.

Turn the ice cream maker on, pour the mixture into the freezer bowl through the ingredient spout and let mix until thickened, about 50 – 60 minutes. The ice cream will have a soft, creamy texture.

Nutritional Analysis per Serving:

Calories: 244 (67% from fat); carbohydrates: 17g; protein: 3g; fat: 17g; saturated fat: 11g; cholesterol: 69mg; sodium: 46mg

Peppermint Stick Ice Cream

(Makes about ten 1/2-cup servings)

- 1 cup whole milk, well chilled
- 3/4 cup granulated sugar
- 2 cups heavy cream, well chilled
- 1/2 teaspoons pure vanilla extract
- 1 teaspoon peppermint extract
- 3/4 cup crushed hard peppermint candies

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 – 2 minutes on low speed. Stir in the heavy cream, vanilla and peppermint extract. Turn the machine on, pour the mixture into the freezer bowl through ingredient spout and let the mix until thicken for about 50 – 60 minutes. Add the crushed peppermint candies during the last 5 minutes of mixing.

Nutritional Analysis per Serving:

Calories: 282 (58% from fat); carbohydrates: 28g; protein: 2g; fat: 18g; saturated fat: 11g; cholesterol: 69mg; sodium: 36mg; fiber: 0g

SORBET & SHERBET RECIPES:

Fresh Lemon Sorbet

(Makes ten 1/2-cup servings)

- 2 cups sugar
- 2 cups water
- 1 – 1 ½ cup freshly squeezed lemon juice
- 1 tablespoon finely chopped lemon zest (use a vegetable peeler to remove the colored part of the citrus rind)

Combine the sugar and water in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 – 5 minutes. Cool completely. This is called simple syrup and may be made ahead in larger quantities to have on hand for making fresh lemon sorbet. Keep refrigerated until ready to use. When cool, add the lemon juice and zest; stir to combine. Turn the machine on, pour the lemon mixture into the mixing bowl and mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 204 (0% from fat); carbohydrates: 52g; protein: 19g; fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 2mg

Variation:

Fresh Pink Grapefruit Sorbet: Substitute 1-1/2 cups freshly squeezed pink grapefruit juice for the lemon juice, and 1 tablespoon finely chopped grapefruit zest for the lemon zest. Add 1/4 cup orgeat syrup (almond-flavored) to the mixture. Orgeat syrup is used for cocktails such as a Mai Tais or Scorpions and can be found in the drink mixers section in most grocery stores.

Fresh Mango Sorbet

(Makes about ten 1/2-cup servings)

- 4 ripe but firm mangoes, about 12 ounces each, peeled, pitted and cubed
- 2/3 cup sugar
- 1/2 cup corn syrup
- 6 tablespoons fresh lemon or lime juice

Combine the mango cubes, sugar, corn syrup and lemon juice in a blender or food processor that has been fitted with a metal blade. Pulse to chop, then process until thick and smooth, scraping the jar or work bowl as necessary with a spatula. The mango purée may be made up to one day ahead; cover and refrigerate until ready to use. Turn the machine on, pour the mango purée into the freezer bowl through the ingredient spout and mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 190 (2% from fat); carbohydrates: 49g; protein: 1g; fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 27mg

Fresh Strawberry Sorbet

(Makes about ten 1/2-cup servings)

- 1 cup sugar
- 1 cup water
- 1/4 cup corn syrup
- 1 quart fresh strawberries, stems removed, quartered
- 4 tablespoons fresh lemon or lime juice

Bring the sugar and water to a boil in a medium saucepan. Reduce the heat and simmer without stirring until the sugar is completely dissolved. Transfer to a bowl and let cool completely. Combine the strawberries and lemon juice in a food processor fitted with a metal blade. Pulse to chop the strawberries, about 15 – 20 times, and then process until the strawberries are completely puréed. Press the strawberry purée through a fine mesh strainer to remove seeds. Combine the seedless strawberry purée with the cooled sugar syrup and corn syrup. Turn the machine on, pour the strawberry purée mixture into the freezer bowl through the ingredient spout and mix until thickened, about 50 – 60 minutes. The sorbet will have a “soft serve” texture.

Nutritional Analysis per Serving:

Calories: 96 (2% from fat); carbohydrates: 24g; protein: 0g; fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 1mg

Lime Sherbet

(Makes ten 1/2-cup servings)

- 3 cups whole milk
- 1 cup frozen limeade concentrate, thawed
- 3 tablespoons sugar
- Few drops green food coloring, optional

Combine the milk, limeade concentrate and sugar in a blender or food processor fitted with a metal blade. Add green food coloring if desired. Turn the machine on, pour the mixture into the freezer bowl through the ingredient spout and let mix thicken for about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 69 (0% from fat); carbohydrates: 10g; protein: 2g; fat: 2g; saturated fat: 0g; cholesterol: 10mg; sodium: 37mg

Variations:

Orange Sherbet: Combine 3 cups whole milk with 1-1/4 cups orange juice concentrate (thawed) and 2 tablespoons sugar in a blender or food processor until smooth. Freeze as directed.

Pineapple Sherbet: Combine 1 cup fat free vanilla yogurt, 2 cups whole milk, 1 cup pineapple juice concentrate (thawed), and 3 tablespoons sugar in a blender or food processor until smooth. Freeze as directed.

FROZEN YOGURT:**Chocolate Frozen Yogurt**

(Makes eight 1/2-cup servings)

- 1 cup whole milk
- 6 ounces bittersweet or semisweet chocolate, chopped
- 2 cups low-fat vanilla yogurt
- 1/4 cup sugar

Combine the milk and chocolate in a blender or food processor fitted with a metal blade and process until well blended and smooth, 20 – 30 seconds. Add the yogurt and sugar; process until smooth, about 15 seconds. Turn the machine on, pour the mixture into the freezer bowl through the ingredient spout and let mix thicken for about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 222 (0% from fat); carbohydrates: 36g; protein: 3g; fat: 8g; saturated fat: 64g; cholesterol: 4mg; sodium: 46mg

Very Berry Frozen Yogurt

(Makes about eight 1/2-cup servings)

- 2 cups low fat vanilla yogurt
- 1/2 cup whole milk
- 1/4 cup sugar
- 1 12-ounce bag frozen mixed berries, puréed and strained to remove seeds

Combine the yogurt, milk, and sugar in a medium mixing bowl; using a hand mixer on medium speed, mix until sugar is dissolved, about 1-1/2 to 2 minutes. With the mixer on low speed, add the berry purée and mix until combined, about 30 – 40 seconds. Turn the machine on, pour the mixture into the freezer bowl through the ingredient spout and let mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 128 (13% from fat); carbohydrates: 25g; protein: 4g; fat: 1g; saturated fat: 1g; cholesterol: 9mg; sodium: 54mg

Low Fat Peach Frozen Yogurt

(Makes eight 1/2-cup servings)

- 1 can (14 ounces) peaches packed in juice
- 2 cups low fat vanilla yogurt
- 1/3 cup sugar
- Drain peaches, reserving 1/2 cup of the juice

In a blender or food processor fitted with a metal blade, pulse to chop the peaches. Add the vanilla yogurt, sugar, and peach juice. Process until smooth and the sugar is dissolved, about 1 minute. Turn the machine on, pour peach/yogurt mixture into freezer bowl through ingredient spout and let mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 111 (6% from fat); carbohydrates: 24g; protein: 3g; fat: 1g; saturated fat: 0g; cholesterol: 5mg; sodium: 39mg

PREMIUM ICE CREAM:

Vanilla Bean Ice Cream

(Makes about ten 1/2-cup servings)

- 1-1/2 cups whole milk
- 1-1/2 cups heavy cream
- 1 whole vanilla bean (about 6 inches in length)
- 2 large eggs
- 3 large egg yolks
- 3/4 cup sugar

Combine the milk and cream in a medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds”. Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally. Combine the eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in color, about 1-1/2 to 2 minutes. Remove the vanilla bean pod from the milk/cream mixture.

Pour out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow steady stream. When thoroughly combined, pour the egg mixture back into the saucepan and stir to combine. Cook, stirring constantly, over medium low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, cover with a sheet of plastic wrap placed directly on the custard, and chill completely. Turn the machine on, pour the chilled custard into the freezer bowl and let mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 236 (64% from fat); carbohydrates: 18g; protein: 4g; fat: 17g; saturated fat: 10g; cholesterol: 161mg; sodium: 47mg

Variations

Use any of the variations listed for basic vanilla ice cream, or basic chocolate ice cream.

Fresh Peaches & Cream: Combine 2 cups chopped ripe peaches with 1/2 cup sugar and 3 tablespoons freshly squeezed lemon juice and let macerate for 2 hours. Drain and stir the accumulated juices into the chilled cream base. Chill the custard as directed, adding the reserved chopped peaches during the last 5 minutes of chilling.

Fresh Strawberries & Cream: Combine 2 cups thinly sliced, hulled fresh strawberries with 1/3 cup sugar and 3 tablespoons freshly squeezed lemon juice and let macerate for 2 hours. Drain and stir the accumulated juices into the chilled cream base. Chill the custard as directed, adding the reserved sliced strawberries during the last 5 minutes of chilling.

Decadent Chocolate Ice Cream

(Makes eight 1/2-cup servings)

- 1-1/2 cups whole milk
- 1-1/3 cups heavy cream
- 1 vanilla bean
- 3/4 cup sugar
- 3/4 cup Dutch cocoa
- 2 large eggs
- 1 large egg yolk
- 1 teaspoon vanilla
- 8 ounces bittersweet chocolate, chopped

In a medium saucepan, combine the whole milk and heavy cream over medium-low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the “seeds” of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. After 30 minutes, remove the vanilla bean pod and discard or rinse and reserve for future use. Combine the sugar, cocoa, eggs, and egg yolk in a medium bowl; use a hand mixer on medium speed to beat the sugar, cocoa, and eggs until thickened like mayonnaise. Measure out 1 cup of the hot milk/cream mixture.

With the mixer on low speed, add the hot milk/cream in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream, and then stir the egg mixture into the hot milk/cream. Cook over low heat, stirring constantly, until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture to a bowl. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled. Turn the machine on, pour the chilled custard into the freezer bowl and let mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 438 (57% from fat); carbohydrates: 42g; protein: 7g; fat: 29g; saturated fat: 12g; cholesterol: 148mg; sodium: 59mg

Coffee Ice Cream

(Makes ten 1/2-cup servings)

- 1 cup whole milk, well chilled
- 3/4 cup granulated sugar
- 2 – 3 tablespoons instant espresso or coffee, to taste
- 2 cups heavy cream, well chilled
- 1 teaspoon pure vanilla extract

In a medium bowl, use a hand mixer or a whisk to combine the milk, granulated sugar, and espresso powder until the sugar and espresso are dissolved, about 1 – 2 minutes on low speed. Stir in the heavy cream and vanilla. Turn the machine on, pour the mixture into the freezer bowl and let mix until thickened, about 50 – 60 minutes.

Nutritional Analysis per Serving:

Calories: 241 (67% from fat); carbohydrates: 18g; protein: 3g; fat: 18g; saturated fat: 11g; cholesterol: 69mg; sodium: 30mg

Variation:

Mocha Chip Ice Cream: Use 1-1/2 tablespoons each instant espresso powder and Dutch cocoa instead of just espresso powder. Chop your favorite 4-ounce bittersweet or semi-sweet chocolate bar into tiny, uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

KIDS' FAVORITES**Slushies**

- 4 cups cola or other soda, lemonade, cranberry juice, white grape juice, Kool-Aid., chilled

Turn the machine on, pour soda into freezer bowl and let mix until thick and slushy, about 15 to 20 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer. Remove from freezer at least 20 minutes before serving. Do not use sugar free products to make slushies.

Nutritional Analysis per Serving:

Calories: 103 (0% from fat); carbohydrates: 27g; protein: 0g; fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 5mg

Chocolate Fudgesicle Ice Cream

(Makes ten 1/2-cup servings)

- 2 packages (3.4 – 3.9 ounce) instant chocolate pudding
- 3 cups reduced fat or low fat milk, chilled

Place the ingredients in a medium mixing bowl and combine until well blended. Turn machine on, pour the mixture into the freezer bowl, and let mix until mixture thickens, about 20 – 25 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer.

Variation:

Use your favorite flavor of instant pudding instead of chocolate.

Nutritional Analysis per Serving (made with low fat milk)

Calories: 53 (15% from fat); carbohydrates: 9g; protein: 3g; fat: 1g; saturated fat: 0g; cholesterol: 4mg; sodium: 115mg

Nutritional Analysis per Serving (made with reduced fat milk)

Calories: 59 (25% from fat); carbohydrates: 9g; protein: 3g; fat: 2g; saturated fat: 1g; cholesterol: 6mg; sodium: 113mg

FROZEN DRINKS:**Thick and Frosty Pina Coladas**

(Makes twelve 1/2-cup servings)

- 3 cups whole milk
- 1 can (10-ounce) frozen pina colada concentrate, thawed
- 1 teaspoon rum extract

Combine the milk, pina colada concentrate, and rum extract in a blender or food processor fitted with a metal blade. Process for about 15 seconds. Turn the machine on, pour mixture into the freezer bowl through the ingredient spout and let mix until mixture becomes slushy, about 20 – 25 minutes. Serve immediately for frozen drinks.

Nutritional Analysis per Serving:

Calories: 115 (76% from fat); carbohydrates: 4g; protein: 3g; fat: 10g; saturated fat: 8g; cholesterol: 8mg; sodium: 34mg

Frozen Strawberry Daiquiris

(Makes ten 1/2-cup servings)

- 1 cup fresh strawberries, washed and hulled (can also use frozen thawed strawberries with no sugar added)
- 2-1/2 cups water
- 2/3 cup granulated sugar
- 1/2 cup lime juice
- 1/2 cup light rum

Place the strawberries in a blender or food processor fitted with a metal blade; pulse to chop, then process to purée, about 20 – 30 seconds. Add the remaining ingredients and process until smooth. Turn the machine ON, pour pureed strawberry mixture into freezer bowl through ingredient spout and mix until the mixture becomes slushy, about 20 – 25 minutes. Serve immediately.

Nutritional Analysis per Serving:

Calories: 83 (0% from fat); carbohydrates: 14g; protein: 0g; fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 1mg

DETAILED PARTS DIAGRAM:

ELECTRICAL DIAGRAM:

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