Ice Cream: A Perfect Breakfast Food

In my e-book ***Secret Spoonfuls***, I share the insight I accumulated as a “sneaky mom” trying to get my kids to eat nutritionally dense foods that taste great.

One day, it occurred to me that ice cream, when made from raw cream and milk along with raw free-range organic eggs plus a touch of honey, was a great food. And as breakfast was the most trying meal, I began incorporating ice cream into our daily fare. Suddenly, I had no problem convincing them to eat their breakfast.

Yes, Ice Cream alongside for a great nutritious breakfast meal

In fact, I’ve been known many times to feed my sons a breakfast of homemade ice cream alongside a grass-fed steak before they head out the door to a long day of work or classes. This kind of meal holds them until lunch better than any other I know while nourishing developing brains and brawn.

Because ice cream was such a staple in my kitchen, I invested in a beautiful Lello 4080 Musso Lussino 1.5-Quart Ice Cream Maker from Italy.



Musso Ice Cream Maker

It is stainless steel inside the bowl, where it matters. Most ice cream makers boast stainless steel but what they mean is that the exterior is made of stainless steel, not the bowl. Indeed, the price tag might scare you off but don't let it. You can get high-quality results from much less expensive machines.

A simple Ice Cream Recipe

I hardly measure, but here's an approximation of how the recipe comes together:

2 ½ cups raw cream (Don't skimp! This is the best part.)

½ cup raw milk

6 raw egg yolks (be sure to scrub the outside of the shell with ***hot***, soapy water before cracking)

1 teaspoon vanilla extract (my homemade recipe is here)

¼ cup raw honey (preferable), maple syrup or Sucanat to taste

Experiment with different flavor combinations of fruits, nuts, cocoa powder, mint essence, etc. Mix together and freeze according to the manufacturer's directions.



Just add ice cream!

Move over, Pop-Tarts.