

## Basic Mason Jar Ice Cream

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### **Ingredients**

1 cup heavy cream  
1 ½ tablespoons granulated sugar  
1 ½ teaspoons vanilla extract  
A pinch of salt  
A 16 oz Mason jar, of course.  
Yield: About three servings.

### **Steps**

1. Pour the cream, sugar, vanilla and salt into the jar, and screw on the lid tightly.
2. Shake vigorously, until the cream thickens and almost doubles in size, which should take about five minutes. You'll know you're done when the mixture doubles in volume and is about the consistency of brownie batter.
3. Freeze for at least 3 hours. Then eat. You're welcome.

### **Or, add a twist**

You could, if you're daring, spruce it up. Here are some ideas on what to add to the recipe above.

**Berry Ice Cream.** If you want the flavor mixed-in, blend ½ cup of fresh berries and add it to the mixture before you freeze it. (You can also cheat: a tablespoon of jam will work.) If you prefer chunks, cut up the berries. Voilà.