

ICE CREAM PARLOR™

WARING



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. **READ ALL INSTRUCTIONS.**
2. To protect against electrical hazards do not immerse motor and base assembly in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the appliance manufacturer may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.

SAVE THESE INSTRUCTIONS

Congratulations on acquiring this exciting new frozen dessert appliance! You and your family will enjoy making and eating your own favorite recipes as often as you wish for years.

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CARING FOR YOUR WARING ICE CREAM PARLOR™

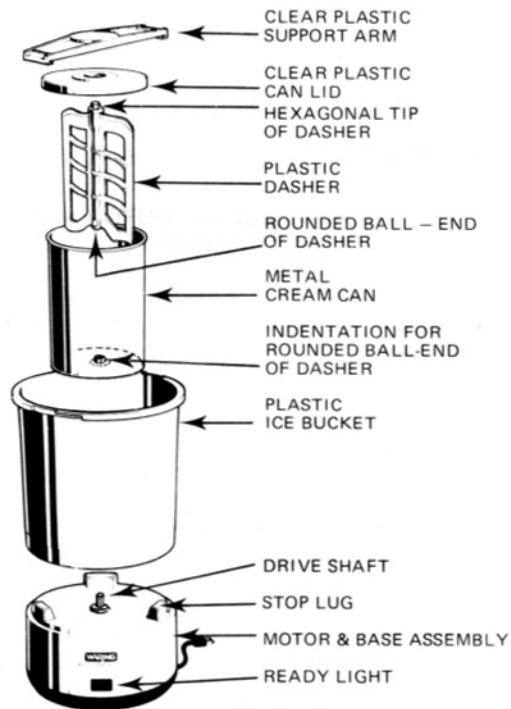


Fig. 1

The Waring Ice Cream Parlor™ should be used for household purposes only.

Proper care of your appliance is very simple . . . mostly a matter of keeping it clean and free of salt residue. Following the directions below will ensure trouble-free enjoyment of your Waring Ice Cream Parlor™ for years to come.

Wash the cream can, dasher, can lid, and support arm in very hot, soapy water before each use. **ONCE THE CREAM CAN HAS BEEN EMPTIED AFTER USE, BE SURE TO WASH IT IN VERY HOT, SOAPY WATER, RINSE AND DRY THOROUGHLY.** Remember that the plastic parts are not dishwasher safe and must be hand-washed.

After each use, empty salt-water brine and ice mixture from ice bucket and rinse inside, outside, and bottom of ice bucket thoroughly with hot water until all trace of salt residue is gone.

Clean the outside surface of the motor and base assembly with a damp cloth after each use.

NEVER IMMERSE MOTOR AND BASE ASSEMBLY IN WATER OR OTHER LIQUID.

MAKING FROZEN DESSERTS THE WARING WAY

Whether you are going to make a classic rich vanilla ice cream, a light fruit ice or low-calorie frozen yogurt, the same simple steps outlined below will always apply.

Aside from the Waring Ice Cream Parlor™ itself and the mixture to be processed the only things you need to make perfect frozen desserts are:

- Four trays of *ice cubes from your refrigerator*
- One standard 26-ounce box of *ordinary table salt*
- Two cups of *cold water*

BASIC STEPS FOR MAKING FROZEN DESSERTS IN THE WARING ICE CREAM PARLOR™

1) PRELIMINARIES

Select the mixture to be processed, choosing one of the recipes in this booklet, or using your own recipe. (See Special Tips)

Have the box of table salt, four trays of ice cubes and the two cups of cold water handy and ready to use.

2) GETTING THE WARING ICE CREAM PARLOR™ READY

Place the ICE BUCKET onto the MOTOR AND BASE ASSEMBLY so that the DRIVE SOCKET located on the underside of the ice bucket engages with the DRIVE SHAFT protruding from the top of the base assembly. (Refer to Fig. 1) Rotate the ice bucket until it drops down over the raised STOP LUGS on the base assembly and seats firmly.

Pour ingredients to be processed into the cream can. For most desserts, the liquid level should be below the FILL LINE stamped into the can wall. This is so that the mixture will have sufficient room to expand during processing without overflowing the cream can. Some desserts, however, such as sherbets and fruit ices, expand less than others, and with these it is permissible to exceed the FILL LINE. Stir the mixture thoroughly if required by the recipe, using only a wooden spoon or a plastic or rubber spatula to avoid scratching the interior of the cream can.

MAKING FROZEN DESSERTS THE WARING WAY

Insert DASHER into CREAM CAN. Be sure that the **ROUNDED BALL-END** of the dasher's center shaft seats into the matching indentation in the bottom of the cream can. (Refer to Fig. 1)

Place the transparent plastic **CAN LID** over the top end of the dasher shaft and snap it firmly into place over the rim of the cream can.

Place the loaded cream can into the ice bucket, making sure that the drive socket indentation in the bottom of the cream can engages with the drive shaft protruding from the bottom of the ice bucket.

Fit the socket located on the underside of the **SUPPORT ARM** onto the hexagonal tip of the dasher shaft extending up through the can lid. Grasp both ends of the support arm, and rotate it until the ends drop into the cutouts in the rim of the ice bucket. Press downward lightly on the ends of the support arm and rotate the support arm counterclockwise until it stops and is securely locked into place.

3) PROCESSING

You are now ready to fill the space between the cream can and the ice bucket with a mixture of ice, salt, and water, which will lower the temperature of the contents of the cream can to its freezing point.

Start the motor by inserting the plug into a regular 120 volt AC household receptacle. The cream can and attached cover will rotate in a counterclockwise direction. The dasher, prevented from rotating by the support arm, will remain stationary.

With the motor running, begin building the freezing mixture by pouring 1 cup of the cold water into the ice bucket. Follow with a layer of ice cubes, one cube deep. Sprinkle about 6 level tablespoons of table salt evenly over the top of the ice cubes. Continue building up the ice/salt mixture, layer by layer, until the ice bucket is full. Sprinkle on any remaining salt and slowly pour the remaining cup of water evenly over the top layer so that the water

MAKING FROZEN DESSERTS THE WARING WAY

uniformly "wets down" the entire ice/salt load in the ice bucket.

The processing time and volume of the finished product are influenced by a number of variable factors, including:

- 1) Initial temperature of mix being processed.
- 2) Variations in the composition of mix ingredients.
- 3) Amount of salt, ice and water used in the freezing mixture. (See Section 5 — Special Tips)

Because of these factors, processing time will vary between 20 and 50 minutes, and the finished product may or may not completely fill the cream can.

As the mixture begins to freeze and thicken and expand to its proper consistency, the motor will begin to labor and slow down, normally coming to a near or complete stall indicating that processing has been completed.

(Occasionally, the motor may not stop or slow down appreciably even though processing is complete. If this occurs, The Waring Ice Cream Parlor™ should be allowed to operate for no more than 50 minutes in all before unplugging. Most of the ice will have melted by this time, and little additional freezing would take place if it were run longer.)

The motor of your Waring Ice Cream Parlor™ is equipped with a device to prevent overheating should the appliance be running unattended when a stall occurs. If this happens, the motor will automatically shut itself off after an interval, and the ready light on the base assembly will come on, giving a visual indication that processing has been completed.

CAUTION

The automatic motor shut-off will reset itself after a sufficient time interval has elapsed. If the appliance is still plugged in at this time, the ready light will go out and the motor will start again. You should, therefore:

MAKING FROZEN DESSERTS THE WARING WAY

ALWAYS UNPLUG APPLIANCE BEFORE REMOVING ANY PARTS.

When processing has been completed, unplug Waring Ice Cream Parlor.TM Remove ice bucket from base assembly and set it on the counter. Remove support arm from ice bucket by pushing down gently on both ends, rotating *clockwise*, and lifting off. Wipe any ice or salt from can lid, and lift can out of ice bucket with cover and dasher still in place. Remove cover and dasher. The processed mixture will be of a soft, creamy consistency at this point, and should be served immediately unless additional hardening is desired.

4) HARDENING

If you wish to harden or "ripen" the processed mixture, follow these tips:

Using a wooden spoon, or a plastic or rubber spatula, stir the processed mixture to blend together the firm and soft portions. Pack mixture down to exclude air pockets. Place a piece of waxed paper or plastic wrap over the mouth of the cream can, and snap can lid back into place. If you prefer, mixture may be spooned into plastic freezer containers with tight fitting lids, allowing about 1/2" for additional expansion.

Place covered can or containers into refrigerator freezing compartment for 1-2 hours. It may be necessary to temporarily adjust your refrigerator's temperature control to a lower than normal setting in order to get the processed mixture to set up firmly.

ONCE THE CREAM CAN HAS BEEN EMPTIED AFTER USE, BE SURE TO WASH IT IN VERY HOT, SOAPY WATER. RINSE AND DRY THOROUGHLY.

SPECIAL TIPS

If you use your own recipe, remember to adjust the ingredient quantities for a maximum 2 quart yield.

If you make up your mixture well ahead of time, and prechill for an hour or two in your refrigerator's milk storage area, the subsequent processing time will be reduced. This is not an absolute necessity, however, except in cases where the recipe calls for boiling or cooking, in which case the mixture *must* be cooled before attempting to process.

The texture of the finished product depends largely on how fast it is processed. The slower the freezing process, the smoother the texture. You can easily control the processing rate, and hence the finished texture, by varying the amount of salt you use in the "freezing mixture." Using about three-fourths of a standard 26-ounce box of salt will result in a reasona-

bly fast-acting freezing mixture, and produce a relatively smooth-textured finished product. Use of *more* salt, up to a full box, will shorten the processing time and produce a coarser, more granular, "icy" texture. Use of *less* salt, down to one-half box, will lengthen the processing time and produce a finer, smoother texture. The directions given in this booklet are based on the use of 3/4 box of salt, and it is recommended that you try this quantity the first time you use your Waring Ice Cream Parlor.TM

Remember that:

MORE SALT (UP TO A FULL BOX) – FASTER PROCESSING, COARSER TEXTURE

LESS SALT (DOWN TO 1/2 BOX) – SLOWER PROCESSING, FINER TEXTURE

PLAIN ICE CREAM

The wide variety of frozen desserts that can be made in your Waring Ice Cream ParlorTM all stem from just a few basic types characterized by the main ingredients of the mixture to be frozen.

Following are brief descriptions of the basic types, along with typical two-quart-yield recipes for each.

PLAIN ICE CREAM refers to any ice cream made without eggs and which contains relatively small amounts of flavoring ingredients in the form of extracts, powders or syrups. Examples are: Vanilla, Chocolate, Maple, Coffee, Pistachio, etc.

RECIPE FOR PLAIN VANILLA ICE CREAM

2 cups heavy cream (1 pint)
2 cups light cream (1 pint)
1 cup sugar
1-1/2 tsp. pure vanilla extract
1/8 tsp. salt

Pour cream directly into cream can. Add sugar, vanilla, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPES

PLAIN ICE CREAM

RECIPE FOR CHOCOLATE ICE CREAM

2 cups heavy cream (1 pint)
2 cups light cream (1 pint)
1 cup sugar
1/2 cup Hershey's Chocolate Syrup
or 6 Tbsp. Hershey's Cocoa
1-1/2 tsp. pure vanilla extract
1/4 tsp. ground cinnamon
1/8 tsp. salt

Pour cream directly into cream can. Add sugar, chocolate flavoring, vanilla, cinnamon, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPE FOR MAPLE WALNUT ICE CREAM

2 cups heavy cream (1 pint)
2 cups light cream (1 pint)
1 cup sugar
1 Tbsp. maple extract
1/8 tsp. salt
1/2 to 1 cup chopped walnuts (as desired)

Pour cream directly into cream can. Add sugar, maple extract, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves. Fold walnuts into the mixture after processing but before hardening.

PLAIN ICE CREAM

RECIPE FOR COFFEE ICE CREAM

- 2 cups heavy cream (1 pint)
- 2 cups light cream (1 pint)
- 3 Tbsp. instant powdered coffee
- 1 cup sugar
- 1/8 tsp. salt

Pour cream directly into cream can. Add instant coffee and stir to blend. Add sugar and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPE FOR PISTACHIO ICE CREAM

- 2 cups heavy cream (1 pint)
- 2 cups light cream (1 pint)
- 1 cup sugar
- 1 Tbsp. almond extract
- 1/8 tsp. salt
- 3 drops green food coloring
- 1/2 cup chopped, unsalted pistachio nuts
or 1/2 cup slivered almonds

Pour cream directly into cream can. Add sugar, almond extract, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves. Fold nuts into mixture after processing but before hardening.

RECIPES

FRENCH ICE CREAM

FRENCH ICE CREAM is ice cream which uses whole eggs or egg yolks as a major ingredient. The eggs lend a characteristic "custard" flavor to the finished product. Many recipes for this type of ice cream call for some pre-cooking of the mix, but good results can also be obtained without cooking, and recipes for each kind are given here.

RECIPE FOR FRENCH VANILLA ICE CREAM (UNCOOKED)

- 2 eggs
- 1 cup sugar
- 1/8 tsp. salt
- 1/2 box instant vanilla pudding
- 2 cups milk (1 pint)
- 2 cups Half & Half (1 pint)
- 1-1/2 tsp. pure Vanilla extract

With your Waring mixer, beat eggs in mixing bowl until fluffy. Add remaining ingredients and continue beating until sugar and vanilla pudding dissolve. Pour mixture into cream can.

RECIPE FOR FRENCH CHOCOLATE ICE CREAM (UNCOOKED)

- 2 eggs
- 1 cup sugar
- 1/8 tsp. salt
- 1/2 box instant chocolate pudding
- 2 cups milk (1 pint)
- 2 cups Half & Half (1 pint)
- 1-1/2 tsp. pure vanilla extract
- 1 tsp. chocolate extract
- 1/4 tsp. ground cinnamon

With your Waring mixer, beat eggs in mixing bowl until fluffy. Add remaining ingredients and continue beating until sugar and chocolate pudding dissolve. Pour mixture into cream can.

FRENCH ICE CREAM

RECIPE FOR FRENCH MAPLE WALNUT
ICE CREAM (UNCOOKED)

- 2 eggs
- 1 cup sugar
- 1/8 tsp. salt
- 1/2 box instant vanilla pudding
- 2 cups milk (1 pint)
- 2 cups Half & Half (1 pint)
- 1 Tbsp. maple extract
- 1/2 to 1 cup chopped walnuts (as desired)

With your Waring mixer, beat eggs in mixing bowl until fluffy. Add all remaining ingredients except walnuts, and continue beating until sugar and vanilla pudding dissolve. Pour mixture into cream can. Fold chopped walnuts into the mixture after processing but before hardening.

RECIPE FOR FRENCH COFFEE
ICE CREAM (UNCOOKED)

- 2 eggs
- 1 cup sugar
- 1/8 tsp. salt
- 1/2 box instant vanilla pudding
- 2 cups milk (1 pint)
- 2 cups Half & Half (1 pint)
- 3 Tbsp. instant powdered coffee
- 1-1/2 tsp. pure vanilla extract

With your Waring mixer, beat eggs in mixing bowl until fluffy. In separate mixing bowl, combine sugar, salt, vanilla pudding, and instant coffee. Add to eggs, along with remaining ingredients, and continue beating until sugar and vanilla pudding dissolve. Pour mixture into cream can.

RECIPES

FRENCH ICE CREAM

RECIPE FOR FRENCH PISTACHIO ICE CREAM (UNCOOKED)

- 2 eggs
- 1 cup sugar
- 1/8 tsp. salt
- 1/2 box instant pistachio pudding
- 2 cups milk (1 pint)
- 2 cups Half & Half (1 pint)
- 1 Tbsp. almond extract
- 3 drops green food coloring
- 1/2 cup chopped, unsalted pistachio nuts
or 1/2 cup slivered almonds

With your Waring mixer, beat eggs in mixing bowl until fluffy. Add all remaining ingredients except nuts, and continue beating until sugar and pistachio pudding dissolve. Pour mixture into cream can. Fold nuts into mixture after processing but before hardening.

RECIPE FOR FRENCH VANILLA ICE CREAM (COOKED)

- 2 eggs
- 1 cup sugar
- 2 tbsp. flour
- 1/8 tsp. salt
- 2 cups Half & Half (1 pint)
- 2 cups all purpose cream (1 pint)
- 1-1/2 tsp. pure vanilla extract

With your Waring mixer, beat eggs in mixing bowl until fluffy. In saucepan, combine sugar, flour, and salt and gradually stir in Half & Half. Cook and stir over low heat or in double boiler until sugar is dissolved and mixture begins to thicken. Add eggs to hot mixture, cook and stir for 1 minute more. Remove from heat and chill. Stir in cream and vanilla. Pour mixture into cream can. Chill mixture until ready to process.

FRENCH ICE CREAM

RECIPE FOR FRENCH CHOCOLATE ICE CREAM
(COOKED)

- 2 eggs
- 1 cup sugar
- 2 Tbsp. flour
- 1/8 tsp. salt
- 2 cups Half & Half (1 pint)
- 2 cups all purpose cream (1 pint)
- 1-1/2 tsp. pure vanilla extract
- 2 squares unsweetened chocolate

With your Waring mixer, beat eggs in mixing bowl until fluffy. In saucepan, melt 2 squares unsweetened chocolate over low heat. In second mixing bowl, combine sugar, flour, and salt, and gradually stir in Half & Half. Add to melted chocolate. Cook and stir over low heat or in double boiler until sugar is dissolved and mixture begins to thicken. Add eggs to hot mixture, cook and stir for 1 minute more. Remove from heat and chill. Stir in cream and vanilla. Pour mixture into cream can. Chill mixture until ready to process.

RECIPE FOR FRENCH MAPLE NUT
ICE CREAM (COOKED)

- 2 eggs
- 1 cup sugar
- 2 Tbsp. flour
- 1/8 tsp. salt
- 2 cups Half & Half (1 pint)
- 2 cups all purpose cream (1 pint)
- 1 Tbsp. maple extract
- 1/2 to 1 cup chopped walnuts (as desired)

With your Waring mixer, beat eggs in mixing bowl until fluffy. In saucepan, combine sugar, flour, and salt and gradually stir in Half & Half. Cook and stir over low heat or in double boiler until sugar is dissolved and mixture begins to thicken. Add eggs to hot mixture. Cook and stir for 1 minute more. Remove from heat and chill. Stir in cream and vanilla. Pour mixture into cream can. Chill mixture until ready to process. Fold walnuts into mixture after processing but before hardening.

RECIPES

FRENCH ICE CREAM

RECIPE FOR FRENCH COFFEE ICE CREAM (COOKED)

- 2 eggs
- 1 cup sugar
- 2 Tbsp. flour
- 1/8 tsp. salt
- 2 cups Half & Half (1 pint)
- 3 Tbsp. instant powdered coffee
- 2 cups all purpose cream (1 pint)
- 1-1/2 tsp. pure vanilla extract

With your Waring mixer, beat eggs in mixing bowl until fluffy. In saucepan, combine sugar, flour, salt, and instant coffee, and gradually stir in Half & Half. Cook and stir over low heat or in double boiler until sugar is dissolved and mixture begins to thicken. Add eggs to hot mixture, cook and stir for 1 minute more. Remove from heat and chill. Stir in cream and vanilla. Pour mixture into cream can. Chill mixture until ready to process.

RECIPE FOR FRENCH PISTACHIO ICE CREAM (COOKED)

- 2 eggs
- 1 cup sugar
- 2 Tbsp. flour
- 1/8 tsp. salt
- 2 cups Half & Half (1 pint)
- 2 cups all purpose cream
- 1 Tbsp. almond extract
- 3 drops green food coloring
- 1/2 cup chopped, unsalted pistachio nuts
or 1/2 cup slivered almonds

With your Waring mixer, beat eggs in mixing bowl until fluffy. In saucepan, combine sugar, flour, and salt, and gradually stir in Half & Half. Cook and stir over low heat or in double boiler until sugar is dissolved and mixture begins to thicken. Add eggs to hot mixture. cook and stir for 1 minute more. Remove from heat and chill. Stir in cream, almond extract, and food coloring. Pour into cream can. Chill mixture until ready to process. Fold in nuts after processing but before hardening.

FRUIT ICE CREAM

FRUIT ICE CREAM is made from either plain or French vanilla ice cream by adding fruit puree and/or fruit pieces to the basic mix. If the fruit is reduced to a puree, it can be added to the mix at the *start* of the freezing process. If, however, large bite-size pieces of fruit are desired in the finished ice cream, it is better to mix them in by hand at the *finish* of the freezing process, just prior to hardening. The reason for this is twofold . . . First, large pieces of fruit tend to clog the slots of the dasher and prevent proper agitation during

processing. Second, fruit pieces added at the start of the freezing process are more likely to end up objectionably hard-frozen in the finished ice cream.

The following recipe can be used with any fresh, frozen, or canned fruit, and can be adjusted to suit your preferences with respect to the relative amounts of fruit introduced as a puree at the beginning of the freezing process, and that held aside for hand mixing into the processed cream.

RECIPES

FRUIT ICE CREAM

RECIPE FOR FRUIT ICE CREAM

FRESH FRUIT

- 1) Slice 1 to 2 cups of ripe fruit to bite-size pieces. In a small bowl, combine half of the sugar called for in the basic ice cream recipe you will be using with the fruit slices. Mix fruit and sugar together, cover, and allow to "age" for 24 hours in your refrigerator. During this time the juice of the fruit will combine with the sugar to form a flavored syrup, and enough sugar will infuse into the fruit pieces to help prevent it from freezing solid during the hardening process.
- 2) After aging, save aside whatever portion of the fruit you wish to add later as whole pieces, and puree the rest into the syrup. Your Waring Blendor® will puree fruit. Add the pureed fruit and syrup to the

basic cream mix just before processing. Mix in the reserved whole pieces by hand, after processing and before hardening.

FROZEN FRUIT

Allow frozen fruit to defrost and age in refrigerator for 24 hours.

Proceed as in step (2) above for fresh fruit, using 1-2 cups of the defrosted fruit/syrup mixture.

CANNED FRUIT

Fruit packed in syrup can be processed as it comes from the can or jar, without additional aging. Use 1-2 cups of chilled and drained fruit and proceed as in step (2) above for fresh fruit.

ICE MILK

ICE MILK refers to a frozen dessert in which all or most of the high fat-content cream is replaced by milk, but which otherwise contains the same ingredients as ice cream.

RECIPE FOR VANILLA ICE MILK

4 cups whole milk or 99% fat free milk
1 cup sugar
1-1/2 tsp. pure vanilla extract
1/8 tsp. salt

Pour milk directly into cream can. Add sugar, vanilla and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPE FOR CHOCOLATE ICE MILK

4 cups whole milk OR 99% fat free milk
1 cup sugar
1/2 cup Hershey's Chocolate syrup
or 6 Tbsp. Hershey's Cocoa
1-1/2 tsp. pure vanilla extract
1/4 tsp. ground cinnamon
1/8 tsp. salt

Pour milk directly into cream can. Add sugar, chocolate flavoring, vanilla, cinnamon, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPES

ICE MILK

RECIPE FOR MAPLE NUT ICE MILK

- 4 cups whole milk OR 99% fat free milk
- 1 cup sugar
- 1 Tbsp. maple extract
- 1/8 tsp. salt
- 1/2 to 1 cup chopped walnuts (as desired)

Pour milk directly into cream can. Add sugar, maple extract, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves. Fold walnuts into mixture after processing but before hardening.

RECIPE FOR COFFEE ICE MILK

- 4 cups whole milk OR 99% fat free milk
- 1 cup sugar
- 1-1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- 3 Tbsp. instant powdered coffee

Pour milk directly into cream can. Add instant coffee and stir to blend. Add sugar, vanilla, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

SHERBET

FRUIT SHERBETS are similar to ice milks with the exception that substantial amounts of fruit juices are used as the primary flavoring ingredient.

RECIPE FOR ORANGE SHERBET

3 cups whole milk
2 cups 100% pure orange juice
1-1/2 cups sugar
1/8 tsp. salt

Pour milk directly into cream can. Add orange juice, sugar, and salt. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPE FOR LEMON SHERBET

1 envelope unflavored gelatin (1 oz.)
4 Tbsp. cold water
juice of 3 lemons
1-1/2 cups sugar
few grains of salt
3 cups milk
2 cups medium cream

In cream can, dissolve gelatin in 4 Tbsp. cold water. Add remaining ingredients. Stir with wooden spoon or plastic spatula until sugar dissolves.

RECIPES

FRUIT ICE

FRUIT ICE is similar to a sherbet, except that it contains no milk or other dairy product, and consists primarily of fruit juices, water, and sweetener.

RECIPE FOR GRAPEFRUIT ICE

3 cups water
2 cups sugar
3 cups grapefruit juice
1 Tbsp. grated grapefruit rind
1/2 cup lemon juice

In saucepan, combine water and sugar. Bring to a boil, and simmer 5 minutes. Remove from heat and chill. Pour chilled mixture into cream can. Add grapefruit juice, grapefruit rind and lemon juice. Mix with wooden spoon or plastic spatula.

RECIPE FOR ORANGE ICE

3 cups water
2 cups sugar
3 cups orange juice
1 Tbsp. grated orange rind
1/2 cup lemon juice

In saucepan, combine water and sugar. Bring to a boil, and simmer 5 minutes. Remove from heat and chill. Pour chilled mixture into cream can. Add orange juice, orange rind, and lemon juice. Mix with wooden spoon or plastic spatula.

FROZEN YOGURT

FROZEN YOGURT is a variation of ice milk or sherbet in which most or all of the milk has been replaced by cultured yogurt, which lends a characteristic "tangy" flavor. The use of the low-fat variety of yogurt makes true low calorie frozen desserts possible.

RECIPE FOR PLAIN LOW-CALORIE FROZEN YOGURT

2-1/2 pints unflavored natural yogurt
1-1/2 tsp. flavoring extract (optional)

Spoon yogurt directly into cream can. Add vanilla or other flavoring if desired.

RECIPE FOR FRUIT FROZEN YOGURT

2 pints unflavored natural yogurt
1 cup sugar
1 cup fresh, frozen, or canned fruit of
your choice

Spoon yogurt directly into cream can. Puree sugar and fruit together in your Waring Blendor® and add to yogurt.

RECIPE FOR LOW-CALORIE PINEAPPLE YOGURT DESSERT

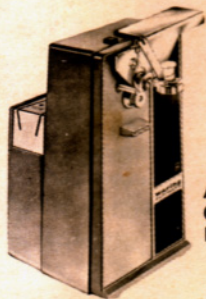
8 oz. can juice-packed crushed pineapple
1 envelope plain gelatin
4 Tbsp. sugar
Sugar substitute equivalent to 12 tsp. sugar
1 cup cold skim milk
1 cup low-fat vanilla yogurt
1/4 tsp. salt

Drain the juice from the crushed pineapple into a saucepan. Add gelatin and sugar. Wait one minute, then heat over very low heat until gelatin and sugar are melted. Remove from heat. Add sugar substitute. Stir in pineapple, milk, yogurt and salt. Pour into cream can. Chill mixture until ready to process.

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