



Living Ice Cream

By

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Introduction

You can enjoy smooth creamy ice cream this summer made from frozen fruit and nut milks with yummy toppings! They are easy to make and healthier for you and your family because they do not contain processed sweeteners and additives such as chemical emulsifiers, milk fat, casein, corn syrup sweeteners, and guar gums.

In our class you will learn how easy it is to make the following recipes:

- ❖ Key Lime with Raspberry Sauce
- ❖ Mango Sorbet
- ❖ Very Berry Sundae
- ❖ Berry Cool Pops
- ❖ Coconut Vanilla Ice Cream
- ❖ Ice Cream Sandwiches
- ❖ Rich and Raw Chocolate Ice Cream
- ❖ Maple Walnut Ice Cream

Tips on Ice Cream

There are many ways to make ice cream at home. The tools used vary from simple everyday kitchen tools to high tech machines. The results will be different depending on the ingredients and tools used. Experiment and see what works for your tastes and budget.

Here are a few of the different ways that we make ice cream:

1. **Glass or Stainless Steel Bowl** – Place the ice cream base into a bowl in the freezer. Every 3 hours, stir the ice cream base vigorously to keep the mixture aerated. Continue this process throughout the day until the mixture is frozen.
2. **Juicer** – Cut fresh fruit into a size that will fit into the juicer mouth opening, then freeze. For nut creams pour the mixture into ice cube trays. The ice cubes make an easy size to work with. Add frozen fruit or nut cream cubes or both to juicer to get a creamy ice cream.

Note: The first handful of frozen fruit may come out thinner than the rest. As the juicer chills with each handful of frozen fruit the ice cream will become thicker.

3. **Food Processor** – Take frozen fruit or nut creams out of the freezer and let stand for 15 to 30 minutes to soften before putting them into the food processor. This method makes the mixture light.
4. **Vita-Mix Blender** – This high powered blender makes great sorbets. Use the plunger to push the frozen fruit down to create a consistent mixture.
5. **Ice Cream Maker** – You can buy anywhere from an inexpensive low-tech ice cream makers with a hand crank to a pricey self cooling ice cream machines. We use the Cuisinart Ice Cream maker that has a gel-canister. For gel-canister models you will need to pre-freeze the canister before adding the ice cream base.

Extras

Extras can make ice cream fun and pleasant to the eye. Here are some ideas to add flavor, texture, beauty, and surprises to your home made ice cream:

Ice bowl

This decorative bowl is easy to make and will wow your dinner guests too. You will need two stainless steel bowls that can nest into each other; one smaller than the other.

Place water, edible flowers and leaves into the larger of the two bowls. Place the smaller nesting bowl on top with an object heavy enough to bring the water in the bottom bowl to the level of the bowl lip. Place in freezer on a level surface for a day or until the ice is frozen solid.

When you are ready to use the bowl, remove from the freezer, run hot water around the bottom and sides of the bottom metal bowl until the ice bowl separates from both metal bowls. Place the ice bowl on a plate and spoon in the ice cream. Serve immediately.

Extracts

You can add flavors such as almond, maple, spearmint, etc. to the ice cream mixture before blending.

Spices and Exotic Flavors

For flavors that will intrigue your taste buds add cardamom and rose water, lemon grass juice, or garam masala spice blend to the ice cream mixture before blending.

Crunchy Surprises

To add a fun crunchy texture to your ice creams stir in chopped nuts, cacao nibs, edible flower petals, raw cookie dough or brownie crumble after the ice cream mixture is blended. Use your imagination! The ice cream parlors do.

Swirls

Swirls are not only a treat for your taste buds but the eye as well. After the ice cream mixture is blended and is a stir-able consistency, stir in strained fruit puree or carob/cacao sauce with a swirling motion.

A Note on Soaked Nuts

Nuts have an enzyme inhibitor that protects the nut from pests and disease until it is ready to sprout. This natural inhibitor can make the nut harder to digest. Therefore, soaking the nuts ahead of time will help with digestion.

For recipes calling for dried nuts, you can soak the nuts and then dry them in a dehydrator or oven.

Key Lime Cream with Berry Sauce

Vrnda

Ice Cream

2 large avocados, chopped
juice of 2 limes
1 tsp of lime zest
1/3 to 1/2 cup agave nectar
2 tbsp coconut oil

Set aside 2 tablespoons of lime juice for the sauce.
Mix all the above ingredients in a food processor.
Place in freezer covered for a few hours.

Sauce

1 1/2 cups of berries
1 tsp vanilla
1/4 tsp cardamom
3 tbsp agave nectar
2 tbsp lime juice

Mix all of the ingredients in a blender and refrigerate.
When the ice cream is ready to serve, pour the sauce over a scoop of ice cream.
Decorate with lime zest, edible flowers, etc.

Mango Sorbet

Maria

You can make this dessert way in advance because it will keep in the freezer for several weeks.

2 cups mangoes, peeled, chopped, and frozen
(can substitute with peaches or apricots or...)
1 cup water or coconut water
1/3 cup agave syrup or 3 medjool dates or stevia to taste

Blend the fresh mangoes, water, and sweetener in Vita-Mix until smooth. Put in freezer.
Serve with garnish of mint leaves or garnish of choice.
Thaw slightly before serving