



CAULIFLOWER ICE CREAM

SERVES: 8 (½ cup each) Prep Time: 20 min. + 4 hr. to freeze Cooking Time: 5 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 ½

2 cups	riced cauliflower
1 cup	unsalted cashews, soaked
½ cup	canned coconut milk
¼ cup + 1 tsp.	pure maple syrup
¼ cup	unsweetened coconut milk beverage
1 Tbsp. + 1 tsp.	melted coconut oil
2½ tsp.	pure vanilla extract
¼ tsp.	sea salt (or Himalayan salt)

1. Place a pot with water over high heat. Boil cauliflower for 5 minutes; strain through a fine mesh strainer, then rinse with cold water until cool enough to handle. Wring out excess water using cheesecloth or a clean kitchen towel.
2. Place cauliflower, cashews, coconut milk, maple syrup, coconut milk beverage, oil, vanilla, and salt in a blender; cover. Blend until smooth.
3. Pour cauliflower mixture into an airtight container. Freeze for 4 hours, or until solid. Remove from freezer 20 to 30 minutes before serving to let soften before scooping; or place mixture into an ice cream machine and freeze on a soft-serve setting.
4. Store frozen in an airtight container for up to 5 days.

SPECIAL EQUIPMENT:

Fine mesh strainer
Ice cream machine (optional)
Cheesecloth

RECIPE NOTE:

To soak cashews, cover with room temperature water and soak overnight, or cover with boiling water and soak at least 2 hours. Drain and rinse.

NUTRITIONAL INFORMATION (per serving): Calories: 166 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 13 mg Carbohydrates: 13 g Fiber: 1 g Sugars: 8 g Protein: 3 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.