

VEGAN ICECREAM

1 can coconut milk

1/2 c cashews, raw

2/3 c honey (quality and flavor of honey will impact overall taste!)

2 tsp vanilla

1/2 tsp salt

1/2 tsp guar gum

Enough ice cubes to bring mixture to 5 1/2 cups. Blend all ingredients except ice cubes until very smooth. Add ice cubes and blend again. Pour mixture into ice cream maker following manufacturer's directions.

Variations:

Butter Pecan - add 1 tsp butterscotch flavoring & 1/2 c chopped pecans

Mint & chip - 1 tsp peppermint flavoring & 1/2 c carob chips

Strawberry - instead of ice use frozen strawberries & 2 tsp strawberry flavoring

Carob - 1/4 c carob powder, 1 TBSP coffee substitute, 1 tsp maple flavoring

Sorbet - in place of water add fruit concentrate juices with pineapple chunks or other fruit

From the kitchen of Melinda Harris