

# Vegan Ice Cream

## Vanilla Ice Cream

The easiest and healthiest ice cream you'll ever try and its so simple to make right at home!

### Ingredients

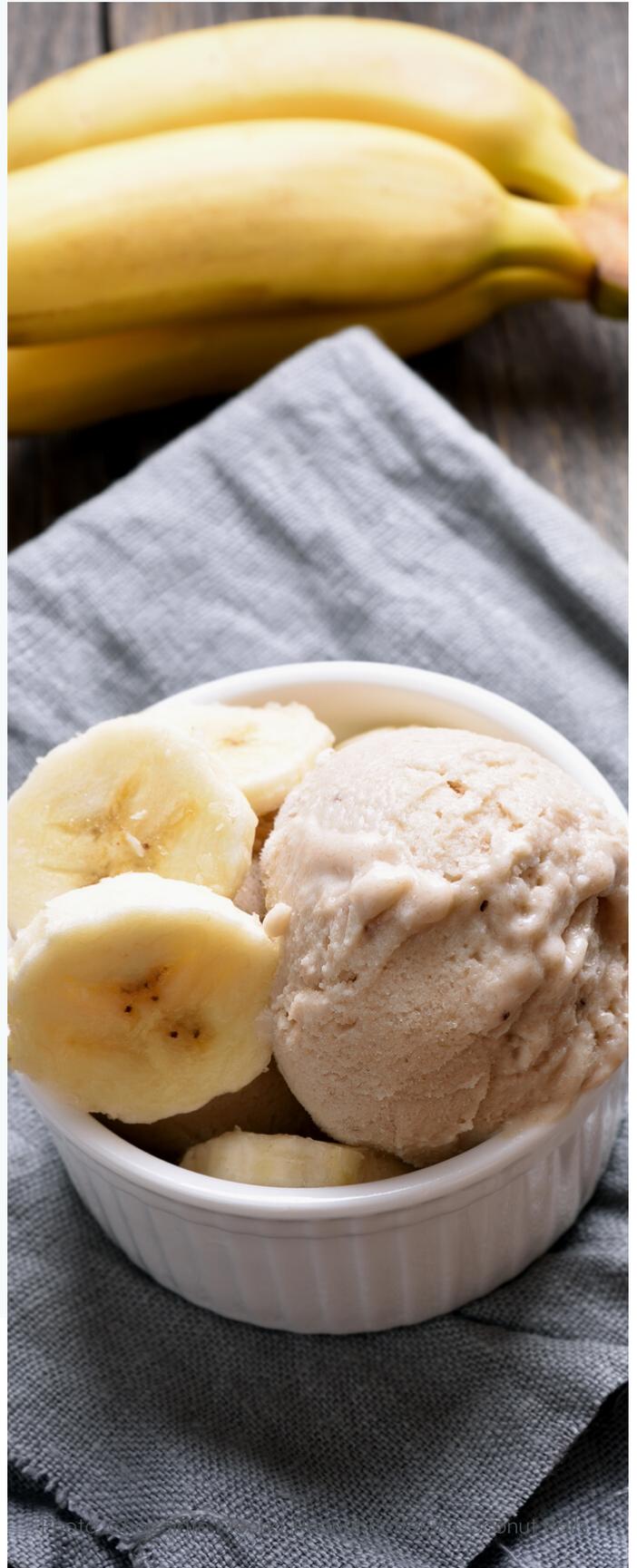
- 3 banana, must use only frozen
- 1/4 cup Vanilla protein powder\*
- 1/2 cup coconut milk, organic
- 2 tbsp maple syrup (or 4 drops stevia)
- 1 tsp vanilla extract
- 2 tbsp walnuts, crushed (optional)
- pinch of sea or rock salt

Freeze the bananas. Once fully frozen, add all the ingredients to a food processor to combine. Pout mixture into a tightly sealed plastic tub and freeze 3 hours, or better yet, overnight.

*\*Optional step but does add a serving of protein to the ice cream. Not all protein powders are created equal. Look for a brand that contains at least 20-30g protein per serving, is low in sugar, contains 6g or more fibre, and no additives or fillers. Choose a vanilla flavoured one for this recipe.*

### Suggestions

Experiment with this basic recipe by trying other ingredients to give the ice cream a little flavour boost. Some of my favourites are adding a 1/2 cup of mango, kiwi, all kinds of berries, and cherries. The recipe is also divine by stirring a little runny nut butter or raspberry chia seed jam into the mixture before setting. Gourmet ice cream made at home!



## Sample My Meal Plan Recipes

# Vegan Raw Chocolate Sundae



Photo: Homemade Raw Chocolate Sauce | Vegan & Dairy-free

## Raw Chocolate Sauce

### Ingredients

- 1 cup of coconut oil, organic
- 3 tbsp raw cacao powder (or coco)
- 1 tbsp low carb sweetener (optional)
- 1/2 tsp Vanilla extract

Melt the oil in the microwave and add the remaining ingredients. Give a good stir to combine. Can be used as a dip for fruit and nuts, a drizzle sauce or as a healthy, superfood-loaded substitute for Nutella.

## Chocolate Sundae

### Ingredients

- 1/2 cup of vegan Vanilla Ice Cream
- 2 tbsp Raw Chocolate Sauce (above)
- 2 tsp almond flakes, skin on
- 1 tbsp raw cacao nibs or chia seeds

In a small mason jar, drizzle some of the chocolate sauce around the inside. Then layer in a small amount of ice cream with the remaining sauce until the jar is filled. Top with the nuts and raw cacao nibs.

### Suggestions

This is such an easy dessert to make using the Vegan Ice Cream recipe. Experiment with other sundae sauces like my Raspberry Chia Jam, Blueberry Compote, Passionfruit Drizzle or make your own healthy homemade sauces.



Photo: Raw Chocolate Vegan Ice Cream Sundae

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