

## Homemade vegan ice 'cream' <http://veganicecream.blogspot.com/>

2 c. strawberries (fresh or frozen and thawed)(or blueberries)      2 c. soy creamer      1 T. vanilla  
1 c. nondairy (almond) milk      ¾ c. sugar (or ½ c Splenda and ¼ c sugar)      2 T. arrowroot (or tapioca) powder

Mix ¼ cup of non-dairy milk with the 2 tablespoons of arrowroot and set aside. Slice one cup of the strawberries and set aside.

Combine the remaining strawberries, soy creamer, remaining nondairy milk, and sugar together in a blender and puree. Pour the mixture into a saucepan and bring to a boil. When the mixture has just started to boil, take off the heat and immediately stir in the arrowroot slurry. This should immediately cause the liquid to thicken (not a lot, but a noticeable amount; it will be thicker when it cools). Add the vanilla.

Set the ice cream mixture aside to cool. Freeze according to your ice cream maker's instructions. Add sliced strawberries in the last five minutes of freezing. If doing without an ice cream maker then go ahead and add strawberries and place in a bowl in the freezer then mix once per hour until firm. 128 calories per half cup

**Coconut**-use coconut milk for the nondairy milk and 2 c coconut shavings. No need to puree unless you want the coconut a smaller size-just put all in the saucepan and proceed from there.

### Peanut Butter Banana Ice Cream

1 cup peanut butter      1/4 cup sugar      1 1/2 cups almond milk or coconut milk  
3 bananas, sliced and frozen

Chill the peanut butter, sugar and almond milk in the blender pitcher for an hour or more. Add the frozen bananas and blend until very smooth. Pour the mixture into the hopper of your ice cream maker and freeze according the machine instructions. Makes about a quart of ice cream. <http://www.veganmotherhubbard.com/2012/06/ultra-easy-peanut-butter-and-banana-ice.html>

**Non-Peanut butter ice cream**-make peanut butter ice cream but substitute 1 c fruit for the peanut butter. Can substitute Splenda for the Sugar. If you freeze the fruit then right out of the blender it is like a smoothie or a really soft, soft serve (saves the extra step of doing the ice cream machine).

### **Vegan Cookies 'n Cream Ice Cream Pops** <http://www.cheapandsimpleveganrecipes.com/vegan-cookies-n-cream-ice-cream-pops/>

1 package of vegan Oreos      Vegan ice cream (half-gallon makes about 9 pops)

Regular-sized popsicle sticks      Small plastic cups (bigger than a Dixie cup but smaller than a red party cup)

Crush up about 20-30 cookies in a big plastic ziplock bag. Leave out ice cream to soften (or zap in microwave), until you can easily mix it with cookies. Fill each cup with about a tablespoon of the crushed cookie mixture. Transfer ice cream to a big bowl and add the rest of crushed cookies—you can add as much or as little as you want here. Stir the mixture until everything is combined. Scoop a bit of mixture into each cup, filling about halfway. Insert a popsicle stick into each cup; freeze for 2-3 hours or until mixture completely hardens. Using scissors, carefully cut off the cups from the ice cream pops. Roll pops in sprinkles or eat plain.