

DAIRY-FREE ICE CREAM BASE



WHAT YOU NEED

2 cans full-fat coconut milk, chilled overnight

½ cup coconut milk (liquid from the cans)

3 tablespoons cashew butter (or coconut cream)

½ cup maple syrup (or ¼–⅓ cup honey)

1 teaspoon vanilla extract

Pinch of sea salt

ALL YOU DO IS...

Open the chilled cans without shaking.

Scoop the thick coconut fat from the top of both cans into a mixing bowl.

Measure ½ cup of the remaining liquid from the cans and add it to the bowl.

Using a handheld mixer, whip for 1–2 minutes until smooth and slightly fluffy.

Add the cashew butter and mix until fully creamy.

Add the maple syrup (or honey), vanilla extract, and sea salt.

Mix again until silky and combined. Pour into a shallow container and place in the freezer.

After 1 to 1½ hours, remove and mix again with the handheld mixer to break up the freeze.

Return to the freezer and let it fully set.

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Notes