



Caramelized Roasted Carrot Ice Cream

Its amazing flavor comes from veggies!

Roasting Carrots:

3 carrots, (about 6 ounces), peel, trim, slice
1 Tablespoon coconut oil
1/4 teaspoon fine sea salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 Tablespoon (each) lemon juice; orange juice
1/8 teaspoon cinnamon
1 Tablespoon honey

Before Starting: Preheat oven to 400°F; line a shallow baking pan with foil; set aside.

Roast Carrots: Toss carrots with oil, salt, cinnamon, and nutmeg to coat. Transfer to the foil lined baking pan; roast until fork tender about 20 to 25 minutes, turning the carrots once during roasting.

Citrus Flavored Carrots: Meanwhile, whisk lemon juice, orange juice, and cinnamon together. When the carrots are al dente tender, toss the carrots with the juices; place well coated potatoes back into the oven; roast for 5 minutes more. Remove carrots; wrap loosely in aluminum foil; set aside for 10 minutes to completely soften. Cool completely.

Cream Base:

1 (13.5 oz.) can premium coconut milk
3 Tablespoons granulated sugar
2 egg yolks
4 ounces cream cheese, softened
Serving: as desired crushed ginger cookies
Garnish: small fresh carrots

Meanwhile, in high-speed blender, place the coconut milk, eggs, and cream cheese; process to combine ingredients. Add the cooled roasted carrots and any remaining juices. Blend on high until fully incorporated and temperature reaches 172°F when tested with a thermometer. Note: If you don't have a high-speed blender, transfer to a stove; bring to temperature on a double boiler and stir frequently. Remove ice cream to cool in a refrigerator for about 2 hours. Place in ice cream maker and churn according to manufacturer's instructions.

Note: If you don't have an ice cream maker, place in the refrigerator; stir several times during freezing process. Place in a container; chill in the freezer. Let stand at room temperature to soften before serving.

To Serve: Spoon into serving dishes; sprinkle with crushed ginger cookie crumbs or serve on your favorite ice cream cone. Serves: about 4 scoops

Garnish: Serve with small fresh carrots on plate

Cook's Note: Consuming raw or lightly cooked eggs poses a risk of food-borne illness, so be sure to cook your mixture to the 172°F temperature. I usually roast the carrots when baking other things in the oven. We also tried the recipe using whole eggs in place of the yolks. Both ways were delicious but when you use egg yolks only, the ice cream is creamier.

About the Recipe: The flavor of this ice cream is delightful! For this recipe, the light sweet, spicy flavor is enhanced by the roasting process and flavored with lively citrus flavors. Have some fun and try making your vegetables into ice cream!