



Mixed Nuts Vegan Ice Cream with Blueberry Sundae Sauce
Dairy-free velvety textured ice cream with fresh blueberry sauce

Mixed Nuts Vegan Ice Cream

2/3 cup pure maple syrup
2 cups dairy-free alternative whipping cream
1/2 cup creamy smooth peanut butter
1/2 cup smooth almond butter
1 teaspoon pure vanilla extract
Pinch of salt

Blueberry Sundae Sauce

3 Tablespoons water, divided
1 Tablespoon cornstarch
2 cups fresh blueberries, rinsed, divided
2-1/2 Tablespoons granulated sugar
1 Tablespoon fresh lime juice
1/8 teaspoon ground cinnamon
Pinch of salt
1/2 cup mixed nuts, coarse crushed
1 Tablespoon maple syrup or as desired

Garnish: Whipped alternative heavy cream

Prepare Vegan Mixed Nuts Ice Cream:

1. In a small saucepan over medium heat cook maple syrup to light boil, reduce to simmer, cook about 7 to 10 minutes; stirring occasionally. Remove from heat, set aside to cool.
2. In a blender or food processor, combine maple syrup, alternative heavy cream, peanut butter, almond butter, vanilla, and salt. Blend until smooth. Pour cream mixture into a freezer safe bowl.
3. Cover: place in the freezer to harden for about 4 to 6 hours or frozen. Remove from freezer about 15 minutes before scooping and serving.

Prepare Fresh Blueberry Sauce:

1. Combine 1 Tablespoon water and cornstarch in a small bowl, stir to combine.
2. In a small saucepan, combine remaining 2 Tablespoons water and 1-1/4 cups blueberries. Reduce heat; simmer 3 minutes until blueberries begin to break down. Gradually add cornstarch mixture, stir constantly, cook 1 minutes or until slightly thickened. Remove pan from heat.
3. Stir in remaining 3/4 blueberries, sugar, lime juice, cinnamon, and salt. Set aside to cool. Cover; chill in refrigerator until serving.

Before Serving Sundaes: In a small bowl, combine mixed nuts with maple syrup to coat. Set aside.

To Serve Sundaes: Scoop ice cream in serving bowls, spoon blueberry sauce over each serving; sprinkle with coarse crushed nuts. Garnish sundaes with alternative whipped cream as desired. Serves: 4

Cook's Note: For two servings, half the recipe. Use your favorite nuts and nut butters for this recipe. I used an alternative whipping cream made from coconuts.

Recipes Inspired by: Melissa Clark, nytimes.com; *Cooking Light* August 2016.

About the Recipe: This dairy-free ice cream has a soft velvety texture and is so easy to make. The delicious, blended nut flavors pair perfectly with lots of fruit sauces. We loved the fresh blueberry sauce with a touch of lime juice and tossed with fresh blueberries. It can be served warm or cold. It's an elegant dessert that takes only minutes to make.