

# RASPBERRY *Coconut Ice Cream*

**\$1.75**

*per serving*

**30** MINUTES  
OR LESS

**7 INGREDIENTS**

*Buy Local!*

## ICE CREAM

1 1/2 cups raw cashews, soaked for 4-6 hours in cool water, or 1 hour in very hot water, then drained

1 13.5-ounce can full fat or light coconut milk

3 Tbsp melted coconut oil

1/2 cup maple syrup or agave nectar

1 tsp pure vanilla extract • pinch sea salt

1 Tbsp arrowroot powder or cornstarch

## RASPBERRY SWIRL

1 cup fresh raspberries (thaw if frozen)

1 Tbsp cane sugar or maple syrup



\*highlighted ingredients can be bought at the market!



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**FARM  
FRESH  
& FAST**

# HOW TO: RASPBERRY COCONUT ICECREAM

1. The night before, be sure to soak your cashews and place your ice cream maker bowl in the freezer to chill.
2. To a high speed blender add soaked, drained cashews, coconut milk, oil, maple syrup, vanilla, sea salt and 1 Tbsp arrowroot starch. Blend until creamy and smooth, scraping down sides.
3. Taste and adjust sweetness as needed, adding more cane sugar or maple syrup if desired (1/4 cup maple syrup and 1/4 cup cane sugar works well).
4. Transfer to a mixing bowl and cover. For best results, chill overnight, or for at least 5-6 hours. If in a rush, 1 1/2 to 2 hours in the freezer is sufficient.
5. Once your base is chilled, prepare raspberries by adding to a bowl and mashing with sweetener.
6. Assemble your chilled ice cream maker and pour in the chilled ice cream batter. Churn until creamy and thick and resembles soft serve - about 40-45 minutes.
7. In the last 30 seconds of churning, add in 1/2 of the raspberries and let churn until slightly swirled. Turn off machine.
8. Transfer ice cream to a freezer-safe container and smooth flat with a spoon, swirling in the remaining amount of raspberries. Tap on the counter to help settle and remove any air bubbles.
9. Cover securely and freeze for 4-5 hours or until firm. Before scooping, set out for 10-15 minutes to soften. Keeps in the freezer for up to 1 week, though best within the first few days.

## *why is it healthy?*

### COCONUT MILK

Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorus.

### MAPLE SYRUP

It has a lower glycemic index than regular sugar with many added nutrients. It's a great source of protective antioxidants, fights inflammation, and reduces indigestion.

### RASPBERRIES

Raspberries are very low in sugar at 5g per serving. They are high in antioxidants, have 8g of fiber, and only 65 calories per cup.

**This recipe is from Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/raspberry-ripple-coco-nut-ice-cream/>

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