



Stick with it this SUMMER

Rich Chocolate Ice Cream

The combination of pecans, pumpkin and cacao here is truly magical: the pecans add richness and the pumpkin adds substance, but in the end, all you really taste is the decadent, rich, chocolate flavor. My hubby said this is his favorite ice cream of all the ones I make (and I make a LOT).

INGREDIENTS

- 1 can (12 ounces or 400 ml) full-fat organic coconut milk
- 1/2 cup (120 ml) unsweetened almond or other nondairy milk (if you can find unsweetened chocolate flavor, even better)
- 2/3 cup (70 g) raw or lightly toasted pecan halves or pieces (cool if toasted)
- 2/3 cup (180 ml) pure pumpkin puree (or use any orange squash, or sweet potato puree)
- 1/3 cup (80 ml) xylitol or 1/2-3/4 tsp (2.5 to 3.5 ml) pure liquid stevia
- 1/2 cup (120 ml) raw cacao powder or unsweetened cocoa
- Pinch fine sea salt
- 2 tsp (10 ml) pure vanilla extract

INSTRUCTIONS

Combine all ingredients in a blender and blend until perfectly smooth.

For ice cream maker: transfer to an ice cream maker and follow manufacturer's instructions.

For food processor: Pour the ice cream into individual muffin-sized silicone muffin cups, or into a square pan lined with plastic. Freeze until firm (several hours), then pop out of the muffin cups or remove from pan and cut into 9 equal squares. Place the "muffins" or the squares in a Ziploc bag in the freezer until ready to use.



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To make ice cream, remove 1-s disks or squares per serving; cut into chunks. Process the chunks in the food processor until the mixture appears to crumble. Pack down with a silicone spatula, then process again just until it comes together.

Scoop into bowls and serve. Makes 6-9 servings.