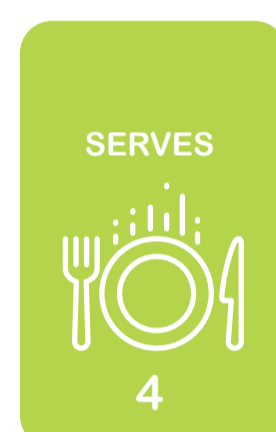




Inspiring RECIPES

Vegan GEM[®] avocado gourmet ice cream

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Ditch the dairy for this deliciously rich and creamy dessert. GEM[®] avocados are naturally creamier and smoother than a regular avocado, meaning less need for the dairy. If you don't have an ice cream maker, the recipe still works well, but the result won't be as smooth and will be more like soft serve.



INGREDIENTS

125g caster sugar with 3tbsp water
1 small vanilla pod, seeds scraped or ¾ tsp vanilla bean paste
2tsp cornflour, mixed with 1tbsp of cold water until smooth
550ml almond milk (we like innocent)
100g cashews, soaked overnight in cold water
Juice ½ lemon
Juice ½ a lime
1 GEM[®] avocado
Vegan pecan cookies to serve (we got ours from Vida bakery on Brick Lane)

METHOD

1. Put the sugar and vanilla in a small saucepan with 3tbsp of water, gently heat until dissolved. Add the cornflour mixture and almond milk to the saucepan, heat until slightly thickened and very warm, but not boiling – the mixture should coat the back of the spoon. Set aside to cool.
2. Drain the cashews then add to a blender (a nutribullet or similar works well) along with 4tbsp of the almond milk mixture, blend until very smooth. Add the lemon and lime juice plus the GEM[®] avocado flesh and blend again until silky smooth – you may need a little more almond milk to get it moving.
3. Mix the blended GEM[®] with the rest of the cooled almond milk until well combined (it may not all fit in your blender so mix in a bowl). Either churn for 45 min in an ice cream machine then freeze for 1 hour before serving. Or put in a container (ideally a narrow tall one – to make mixing easier), freeze for 1 hour then mix vigorously every hour after for 5 hours, a stick blender works well.