



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Cashew & Ginger Ice Cream - Serves 2 to 4!!

GF.DF. V. VV.

Ingredients

150g cashew nuts, soaked for 4 hours

½ cup filtered water

3-4 tbsp maple syrup (to taste)

¼ tsp vanilla extract

4 stem ginger balls, diced into small pieces

Method

Strain the cashew nuts, rinse and drain.

Place the cashews in a high-speed blender (to make a smooth ice cream or a regular blender for a slightly chunkier version) with the water. Whizz until smooth.

Add the maple syrup and vanilla extract – whizz again to mix in.

Pour into a freezer proof container and stir through the chopped stem ginger.

Place in the freezer. Remove and stir after ½ an hour. You could repeat this process, but I haven't found it necessary.

To serve, remove from the freezer

45 minutes before hand.

I used my Vitamix high-speed blender, but if you have a Nutribullet or similar, they can do the job as well.



TIP

Let your imagination run riot. Swap the ginger for berry purée, or a dōTERRA essential oil, add cacao powder & cacao nibs, pineapple and lime, walnut and coffee, go for plain vanilla, which goes beautifully with the cashew & peppermint cheesecake. What ever - enjoy!