



LESSON 11: "HOW TO MAKE YOUR OWN (FRUIT BASED) ICE CREAM/SORBET"

# **VEGANRESET** *fruit-based ice cream*

Fruit-based vegan ice cream is much easier to make than you may think! Here are a few examples:

## **NANA NICE CREAM [FROZEN BANANA BASE]**

In order to make banana ice cream, or as many love to call it, “nana ice cream” or “nice cream”, you’ll need frozen bananas for the base. There’s a detailed description on how to do that in one of the first lessons, but just as a quick reminder:

- Peel ripe bananas
- Put them in a ziplock bag or reusable container (leave them whole, they’re easier to break that way once frozen)

To make the ice cream, you’ll need a blender or a food processor. There are also machines specifically for banana and other fruit based ice cream that you can use.

If you use a food processor, simply break the frozen bananas into smaller chunks and add them one by one until you get an ice cream like consistency.



# **VEGANRESET** *plant-based ice cream*

In a high speed blender, add all the frozen banana pieces and use a stopper to blend them into ice cream. (important: only use a stopper if it's part of your blender. If yours doesn't have one, turn the blender off and use a spoon or spatula, remove it and put the lid back on before turning the blender on again.)

If you have an immersion stick blender or other blender, you'll need to add a little liquid (either water or plant-based milk) and add the banana chunks one by one. If you want your ice cream to be firmer, simply put it back into the freezer until fully frozen.

## **Suggested "add-ons":**

**Sweetener:** bananas are already very sweet, so you won't need to add any sweeteners, but if you want to, you can add pitted medjool dates or date syrup. If you want to add another syrup like maple, rice or blackstrap molasses, we'd suggest adding those as a topping instead.

**Flavors:** You can add anything you like to your nice cream!

**Fruits:** Other frozen fruits that are great with it are: blueberries, raspberries, strawberries, mango and basically any other fruits you like.

**Also try:** some of our personal favorites to add to banana ice cream are cacao powder, peanut butter, vanilla bean, maca powder, vegan caramel sauce and cacao nibs. All of these will make you realize that you'll never have to miss dairy again!

## **SORBETS**

There are machines designed specifically to make sorbet, but if you don't have one of them, simply follow the same steps as for the banana ice cream, but with fruits like frozen berries. Add a little orange or apple juice if necessary and refreeze for a bit to make it firmer.

## POPSICLES

For this, you'll need popsicle molds and a blender.

The process is only slightly different. Instead of freezing the fruit first, you'll add your ripe ingredients to a blender and freeze them afterwards.

For creamy popsicles, blend bananas with plant-based milk (coconut or almond for instance) and add cacao and/or peanut butter.

### Try this:

3 ripe bananas

½ can full fat coconut milk

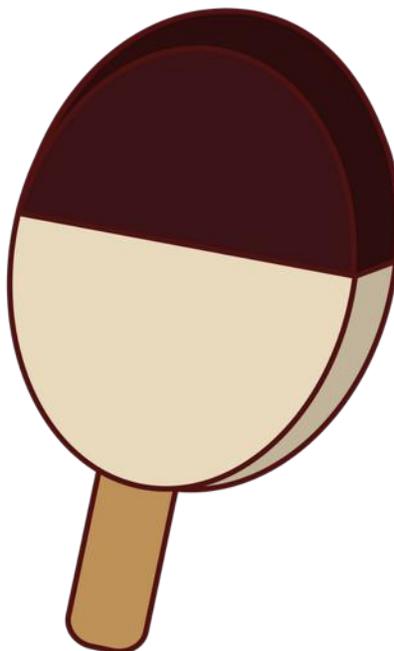
2 tbsp cacao powder

1 generous tbsp peanut butter

¼ tsp vanilla bean powder or extract

Pinch of sea salt

Blend everything until smooth and pour into popsicle molds. Freeze for at least a couple of hours and enjoy!



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For more juicy popsicles, blend frozen fruit with fresh juice and freeze!

**Here's a recipe idea:**

1 cup pitted cherries

1 large peeled mango

1 peach

½ cup orange juice

Blend until smooth and pour into popsicle molds. Freeze for at least a couple of hours and enjoy!

**Note:** if you have an ice cream maker/machine, simply replace the milk/cream with plant-based milk. Two that work great for that are full fat coconut milk and creamy cashew milk.

**Another idea:** freeze sliced citrus fruit with water or coconut water and fresh mint.

