

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Pumpkin Ice Cream

INGREDIENTS:

1 cup unsweetened almond milk

2 packets of stevia

1 tsp vanilla extract

1/2 tsp xanthan gum

1/3 cup unsweetened almond milk

1/4 cup pumpkin puree

two nice-sized "pinches" of the following: cinnamon, cloves and

nutmeg...maybe a little more cinnamon than the rest, you kind of just have to blend them in, taste, and adjust the spices accordingly



DIRECTIONS:

- ♥ Mix the 1 cup of almond milk, stevia packets, and vanilla extract.
- ♥ Pour this mixture into ice cube trays and allow it to freeze fully; it'll take around 1.5-2 hours or more. (I usually just freeze it around 5-6 pm if I know I want some, and then make it at 11 pm for dessert).
- ♥ When you're ready to have ice cream, place the ice cubes in a blender with the xanthan gum, pumpkin puree, 1/3 cup more almond milk and spices. (No fancy blender or ice cream maker needed. Seriously, I have the cheapest, dinky \$20 blender I could find.)
Blendddddd. Then blend some more. Stay patient with this; the longer you blend it, the thicker it gets. It takes me about 5 minutes of blending, stirring, blending, stirring, blending...
- ♥ Eventually it hits a point where you just KNOW it's done – the thickness becomes perfect. It'll blend without jamming, but it blends SLOW and THICK.
- ♥ Scoop it out with an ice cream scoop or a large spoon and enjoy!

Note: I also like to serve mine with a light drizzle of sugar-free maple syrup, the maple really enhances the spices!

Compliments of Eat Your Heart Out Edibles

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