

## Recipe Name    **Cardamom Ice Cream**

Ingredients:

- 1 cup cashew cream (1 cup soaked cashews, 1.5 cups water)
- 1 can(13.5oz.) coconut milk (full fat)
- ¼ cup maple syrup
- ¼ cup + 1Tbsp. liquid Allulose
- 1 tsp. vanilla extract
- 1 ½ tsp. ground cardamom
- ¼ tsp. ground cinnamon
- ½ tsp. xanthan gum
- ¼ tsp. salt

### Directions

1. Add all ingredients to a blender and blend on high until thick and creamy, about 1-2 minutes.
2. Let the mixture chill in the fridge for 2 hours – overnight.
3. Add mixture to an ice cream maker and churn according to the manufacturer’s directions. It should be soft serve at this point.
4. Transfer to a freezer safe container and freeze until ready to enjoy. It will get firmer with freezing, but will still be scoopable if made with the above ingredients.

\*Can use ½ cup maple syrup if you don’t have Allulose, but it will spike your blood sugar far more. Monk fruit or stevia would also be good swaps for the Allulose. I like to use some maple syrup because it adds to the flavor and the texture of the ice cream.