

Dreamy Vanilla Ice Cream

Ingredients:

* 3¼ c  Vanilla Soy Milk or Almond Milk
* 1¼  c Maple Syrup
* 2 T      Vegetable Oil + 2 t Vegetable Oil
* 2 t       Coconut Oil
* ½ t     Lemon Juice
* 2 T      Soy Margarine
* ½ c     Cashew Butter
* 2 T      Maple Syrup
* ¼ t      Sea Salt

Directions:

1.     Chill your container in the freezer 30 minutes prior to making ice cream.

2.     Add all ingredients to the blender and blend on high until smooth.

3.     Remove container and pour in mixture, make sure you remove any foam to try and eliminate as many air pockets as possible.

4.     Once cream is frozen, return to blender and blend adding ¼ c of maple syrup and ¼ c of soy milk.

5.     Blend until smooth and return to freezer, this technique keeps cream from being too icy.