

Sweet Sundays: Peanut Butter & Jelly Ice Cream

As promised in my earlier comparison post of the latest Vegan Ice Cream Cookbooks, I am here to share a recipe from *The Vegan Scoop* by Wheeler del Torro - and choosing a sample from among his vast selection is no easy task. With 150 recipes for vegan ice cream, Wheeler kicks the pants off Baskin & Robbins. His flavors range from the basic to the exotic. This recipe falls somewhere in between, merging your typical cool and creamy dessert with good old-fashioned childhood comfort food. Like most of Wheeler's recipes, the ingredients are simple and few, but in the perfect proportions for ice cream parlor worthy treats that are also much lower in fat than their dairy-laden cousins.

This particular recipe uses soy creamer. Seek out brands such as Silk, Wildwood, and Trader Joe's. Though I haven't trialed it (and it is not written in the book), you may be able to substitute a nut cream, such as MimicCreme, or a light coconut milk should you want a soy-free, vegan ice cream ...

Peanut Butter and Jelly Vegan Ice Cream

Recipe from *The Vegan Scoop*, by Wheeler del Torro

This flavor tastes just like the sandwich. It's sure to be a real hit with kids and those who are young at heart!

- 1 cup (235 ml) soymilk
- 2 cups (470 ml) soy creamer
- 3/4 cup (195 g) peanut butter
- 3/4 cup (113 g) brown sugar
- 1 tablespoon (15 ml) vanilla extract
- 3/4 cup (240 g) jam, jelly, or preserves of preference

Mix soymilk, soy creamer, peanut butter, and brown sugar in a saucepan and cook over low heat. Once mixture begins to boil, remove from heat. Add vanilla extract.

Refrigerate mixture unless chilled, approximately 2 to 3 hours. Freeze according to your ice cream maker's instructions. In the last few minutes of churning, add jam.

Yield: 1 quart (approximately 800 g)

From *The Vegan Scoop*, by Wheeler del Torro, copyright 2009, Fair Winds Press

Note: This recipe is vegan, dairy-free, egg-free, gluten-free, and tree nut-free