

Sweet Sundays: Dairy-Free Ice Creams - Chocolate Raspberry and Lovely Lavender

Earlier in the week, I compared two newly released vegan ice cream cookbooks ... both with so many delicious recipes to offer, both quite unique. Today, with permissions of the author Cathe Olson, I am offering up a taste (well, two tastes actually) of one of these cool and creamy cookbooks, *Lick It! Creamy Dreamy Vegan Ice Creams Your Mouth Will Love*.

I am a big fan of Cathe's recipes (*The Vegetarian Mother's Cookbook* is one of my favorites), so I was thrilled to crack open this cookbook and discover over 150 of them! Really, *Lick It!* impressed me the moment I laid eyes on it. Just looking at the user-friendly feel, the big range of ice cream flavors, and the enticing array of frozen dessert recipes (yes, ice cream cakes, ice cream pies, ice cream sodas, sauces, and sundae-making baked goodies) was enough to send me into a sugar-coma. As for the recipes, Cathe chose to share two of her most requested recipes ...

Chocolate-Raspberry Ice Cream Makes about 3 cups

Recipe from *Lick It! Creamy Dreamy Vegan Ice Creams Your Mouth Will Love*

Rich dark chocolate tinged with fresh red raspberries - a wonderful flavor combination. To make this even more decadent, add a couple of tablespoons of Chambord liqueur.

- 1 (14-ounce) can full-fat coconut milk
- 1/2 cup plus 2 tablespoons granulated sugar
- 5 tablespoons unsweetened cocoa powder
- 2 cups raspberries

Place the coconut milk, sugar, and cocoa powder in a medium saucepan and whisk until well combined.

Warm on medium-low heat until the mixture just begins to simmer and get foamy. Remove from the heat and stir in the raspberries. Let rest for 20 minutes.

Pour the mixture into a blender or food processor and process until smooth. Place a fine-mesh strainer over a medium bowl (or, to save on dishwashing, over the saucepan you used to heat the coconut milk). Pour the blended mixture into the strainer and press it through to remove the seeds. Cover and chill in the refrigerator for at least 3 hours. Then freeze in an ice cream maker according to the manufacturer's directions.

Lavender Ice Cream Makes 1 quart

Recipe from *Lick It! Creamy Dreamy Vegan Ice Creams Your Mouth Will Love*

Lavender blossoms give this ice cream a unique, delicate flavor. I love it with a mild-flavored cake like pound cake. It's also delicious topped with berries. This is one of my most-requested recipes.

- 1 1/4 cups soymilk or other nondairy milk
- 1/4 cup fresh lavender flowers and buds (about 8 large sprigs)
- 1 (14-ounce) can full-fat coconut milk
- 1/2 cup granulated sugar or agave syrup

Pour the soymilk into a small saucepan and warm on medium-low heat until it just begins to boil. Stir in the lavender flowers and buds. Cover and remove from the heat. Steep for 20 minutes.

Place a fine-mesh strainer over a medium bowl. Pour the soymilk through the strainer to remove the lavender. Whisk in the coconut milk and sugar. Cover and chill in the refrigerator for at least 3 hours. Then freeze in an ice cream maker according to the manufacturer's directions. These recipes are Vegan, Dairy-Free, Egg-Free, Peanut-Free, Tree Nut-Free (unless coconut is a concern for you), Gluten-Free, optionally Soy-Free, and optionally Processed-Sugar-Free