

## Sweet Sundays: Black Raspberry Dairy-Free Ice Cream

It really wasn't that long ago when dairy-free dieters were singing the blues about ice cream. But now we have so many wonderful options, from store-bought to homemade. In fact, the past year has brought a delicious wave of "cookbooks" dedicated completely to vegan / dairy-free ice cream ... The Ice Dream Cookbook, Lick it!, The Vegan Scoop, and the new ecookbook A La Mode. Their recipe offerings range from traditional flavors like french vanilla to more adventurous flavors like Peanut Butter Bomb Shell (found in A La Mode).

The sample recipe below, from Wheeler del Torro, author of The Vegan Scoop, makes the most of the season, pairing a cool and creamy base with fresh black raspberries. The season for black raspberries is short, but have no fear, this recipe will be equally delicious with whatever ripe berries you have on hand ...

### Black Raspberry Ice Cream

Makes about 1 quart

#### What You Need:

1 cup soymilk, divided  
2 tablespoons arrowroot powder  
1 cup fresh black raspberries, divided  
2 cups soy creamer  
3/4 cup sugar  
1 tablespoon vanilla

#### What You Do:

1. In a small bowl, mix 1/4 cup soymilk with arrowroot and set aside. In a blender, purée 1/2 cup raspberries, soy creamer, remaining 3/4 cup soymilk, and sugar.
2. Transfer mixture to a medium-size saucepan and cook over low heat. Once mixture begins to boil, remove from heat and immediately add arrowroot cream. This will cause the liquid to thicken noticeably. Add vanilla extract.
3. Refrigerate mixture until chilled, approximately 2 to 3 hours. Freeze according to your ice cream maker's instructions. In the last few minutes of churning, add remaining 1/2 cup raspberries.

#### No Ice Cream Maker?

Making ice cream at home is surprisingly easy and inexpensive, especially when you have the right equipment. But if you don't have an ice cream maker on hand, try one of these alternative methods for making ice cream.

#### More Creamy Dairy-Free Recipes ...

- Root Beer Ice Cream
- Peanut Butter & Jelly Ice Cream
- Peachy Keen Ice Cream
- Maple-Pecan Ice Cream
- Vanilla Coconut Ice Cream
- Banana Almond Coffee Ice Cream
- Chocolate Raspberry Ice Cream