

Sweet Sundays: Light and Creamy Frozen Lemon-Lime Mini Fruit Molds

This sweet summer dessert may be a bit too perishable to travel to picnics, but it is perfect for wowing friends and family at your next backyard barbecue. Plus, all of your dinner guests should be able to partake, since this delight is dairy-free, egg-free, gluten-free, nut-free, optionally soy-free (see the note I have added in the recipe), and of course, vegan.

Chef Jason Wyrick (the recipe creator, and founder of the VCE) says, "You'll love the cooling refreshment that these super-tangy molds provide after a grilled meal!" He suggests that you garnish the molds with fresh mint and berries, topping them with the berries if the berries are small and light, such as wild blueberries. See the full recipe below

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Frozen Lemon-Lime Mini Fruit Molds

Recipe from the August 2009 Issue of the Vegan Culinary Experience, a free online e-zine.

Type: Dessert

Serves: 6 mini-molds or 1 large mold that serves 6

Time to Prepare: 15 minutes plus 5 hours to chill

Ingredients

- ¼ cup cornstarch
- 2 cups vanilla soymilk [for soy-free, substitute a milk alternative that has a similar quantity of fat, such as vanilla coconut milk beverage]
- 2/3 cup granulated sugar
- ¼ cup plus 2 tablespoons lemon and/or lime juice
- 1 ½ tablespoons lemon and/or lime zest
- 1 ½ teaspoons lemon extract
- 1 teaspoon vanilla extract
- ¾ cup small or sliced berries

Instructions

Combine the cornstarch with 3 to 4 tablespoons of the soymilk in a medium saucepan and whisk until there are no lumps.

Place on medium heat and whisk in the remainder of the soymilk and all of the sugar.

Cook, whisking often, for about 7 minutes, or until the mixture thickens but does not boil.

Whisk vigorously as it thickens so that the mixture is smooth.

Remove from heat and pour into a medium bowl.

Immediately whisk in the lemon juice, lemon peel, and extracts.

Whisk rapidly until the mixture is smooth with no lumps.

Pour into the mold(s).

Place the berries into the mold, allowing some to submerge.

Freeze for 5 hours to overnight.

Allow to soften for a short while before serving.

Keep frozen.

Kitchen Equipment

Medium, Heavy-bottom Saucepan

Whisk

Silicone Mini-molds or Larger Mold Pan

Time Management: Pay close attention while you are making the sauce as the cornstarch will quickly stick and burn to your pan if you are not whisking the mixture.

Where to Shop: All of the ingredients are fairly common. You can find a nice selection of molds at most specialty kitchen stores.

Interesting Facts: Most vanilla extracts contain alcohol, though natural vanilla flavoring only contain vanilla bean.