



Vegan Salted Caramel & Cashew ice cream

Recipe by Gabriella Esposito

Serves: 4-6

Cooking: 1hr

Difficulty: Easy

Ingredients :

- 1 1/2 cups raw cashews, soaked for 4 hours in cool water or overnight and then drained
- 1 can coconut milk
- 3 Tbs coconut oil, melted
- 1/4 cup honey or maple syrup
- 1/4 cup Selati caster snow
- 1 tsp vanilla extract
- Pinch of sea salt

For the caramel:

- 15 dates, pitted and soaked in warm water for 10 minutes
- 1 tsp rock salt
- 2 Tbs warm water
- 1 tsp vanilla extract

Methods :

- Place soaked and drained cashews into a food processor or blender with the rest of the ice cream ingredients and pulse until smooth. Place this mixture into the freezer for 20 minutes, then add it to your ice cream churner for about 45 minutes.
- In the meantime, prepare the caramel by adding dates to a food processor and blending until creamy. Add the rest of your ingredients and blend until smooth and creamy.

Once ice cream is finished churning, place into a container and pour over caramel. Give it a swirl to slightly swirl into the ice cream. Place back into the freezer for another 4 hours or until set and ready to serve.