

Vanilla Ice Cream w/ Date Rum Swirl

Swick

Makes 3 cups | Active Time: 1 hour | Total Time: 2 hours

Step 1: Preparing the Ice Cream

- 3/4 cup raw cashews, soaked in warm water for 3 to 4 hours to soften, drained
- 1 cup non-dairy milk of choice
- 6 tbsp agave, yacon or honey
- 1/4 cup coconut milk
- 1 vanilla bean, scraped
- 1/2 tsp vanilla extract
- pinch of sea salt

Before you start to make the ice cream, make sure the bowl of your ice cream maker is completely frozen. Place an empty container to hold the finished ice cream in the freezer to chill as well.

To prepare the ice cream, combine the cashews, non-dairy milk, Non-Dairy Milk, sweetener and coconut milk. Add the scraped vanilla bean, vanilla extract and sea salt and blend until very smooth.

Turn the ice cream machine on and pour the cashew anglaise mixture into the frozen ice cream insert. Let the machine run for about 20-25 minutes, depending on your machine.

Step 2: Preparing the Swirl

- 1/4 cup dates, pitted and soaked in water to soften
- 3 tbsp agave, yucon, maple or honey
- 1/4 cup cocoa powder, unsweetened
- 3 tbsp dark rum (substitute 1 tsp rum extract)
- 2 tbsp raw almond butter
- 1/4 tsp tamari
- water to blend

To prepare the swirl, place the dates and sweetener in a high-speed blender. Add the cocoa, rum, almond butter, tamari and just enough water to loosen. Blend, adding water as necessary, until a thick syrup forms..

Once the ice cream is thick and airy, drizzle in the swirl and gently fold it into the ice cream. Do not over-mix you want swirls of the date mixture throughout the ice cream.

Lastly, place the ice cream into a container and place into the freezer. Cover the ice cream with plastic wrap and a lid and freeze until hardened. Scoop into bowls and enjoy.