

Vegan Chocolate Ice Cream

4 oz. *dairy-free semisweet chocolate chips (Ghirardelli Double Chocolate Chips recommended)*

Mixture #1:

¾ c. water

½ c. corn syrup

1 tsp. vanilla

Optional: 1½ Tbsp. amaretto, Frangelico, Kahlua, or other coffee, chocolate or nut liqueur

Mixture #2:

1 c. water

¾ c. commercial soymilk, almond milk or rice milk

½ c. raw cashew pieces

½ c. unbleached sugar or Grade A maple syrup

¼ c. Dutch cocoa powder (unsweetened)

1 Tbsp. tapioca starch or instant tapioca

¼ tsp. salt

Optional: ½ c. chopped toasted nuts and/or ½ c. dairy-free semisweet chocolate chips

Melt the chocolate in a double boiler over barely simmering hot water. Keep melted over the hot water but off the heat.

Combine mixture #1 in a blender until well-mixed, then set aside in a bowl.

Blend mixture #2 in a blender until it is *very* smooth and frothy (make sure that it is not grainy at all). Place this mixture in a heavy-bottomed medium saucepan, and stir over medium-high heat until thickened.

Whisk mixture #1 into cooked mixture #2, along with the melted chocolate. Chill the mixture and then freeze according to the directions for your ice cream machine. Scoop into a 1-quart plastic container, cover, and freeze for several hours before serving.

Makes 1 quart

Per 1/2 cup serving: 253 calories; 3g protein; 9g fat; 40g carbohydrate; 0mg cholesterol

Source: *Nonna's Italian Kitchen* by Bryanna Clark Grogan (The Book Publishing Company, 1998) ISBN1-57067-055-2