

Aquafaba Ice Cream

It's summer time which means it's a great time for ice cream! Create this easy homemade ice cream using aquafaba instead of throwing it away.

Preparation Time: 10 min.

Freeze Time: 4 hours

Servings: 6

| Amount | Ingredient | Cost - date: |
|------------------------------|--|--------------|
| Ice Cream Base: | | |
| 3/4 cup | Aquafaba (liquid from a can of chickpeas) | |
| 1/2 tsp | Cream of Tartar or lemon juice | |
| 1 Tbsp | Vanilla Extract | |
| 1 cup | Powdered Sugar | |
| Blended Milk Mixture: | | |
| 3/4 cup | Plant-based milk of choice | |
| 1/4 cup | Canola Oil or any other neutral flavoured oil | |
| 1 tsp | Vanilla Extract (additional for vanilla ice cream) | |
| Optional Flavours: | | |
| 1/2 cup | Berries or fruit | |
| 1/4 cup | Cocoa Powder | |
| 1/3 cup | Peanut Butter | |
| 1 Tbsp | Instant Coffee | |
| | Cost for the total recipe: | |
| | Cost for 1 serving: | |

Preparation:

1. Drain a can of chickpeas into a medium sized mixing bowl and sprinkle with some cream of tartar. (This will be 3/4 cup of aquafaba liquid).
2. Beat on high speed with a mixer for 6 minutes until very fluffy.
3. Add a Tbsp of vanilla and beat again for about a minute.
4. Continue to beat the aquafaba while slowly adding the powdered sugar a few tablespoons at a time until it is well blended and very fluffy. (This should take about 2 more minutes). Make sure to beat the aquafaba for a total of 9 minutes from start to finish.

Blend the Milk Mixture and Flavour of Choice:

5. Put milk of choice, oil and any flavour of choice (Berries, chocolate, coffee, etc...) into a blender and mix for about 30 seconds.

6. Pour the milk mixture into the fluffy aquafaba a little at a time, folding in. Don't over stir or your ice cream will lose its fluffiness.
7. Pour into a freezer safe container and immediately freeze for at least 4 hours to set completely.

SOURCE: www.thehiddenveggies.com/aquafaba-ice-cream/#recipe

Notes:

- Be sure not to overbeat once the milk mixture has been added.
- Omit the oil to make it fat-free. (It's just not as rich and creamy without oil).
- Use canned coconut milk instead of other plant-based milk. (If using canned coconut milk, there is no need to add additional oil).

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!