

## Cauliflower Ice Cream

All you need is throw ingredients in your blender and blend until smooth.

### Ingredients:

½ head cauliflower (about 1½ cups florets) – You can also use 1½ cups of frozen riced cauliflower

1 cup **cashews**, soaked and drained – just place them in filtered or warm water and soak for at least 3 hours.

1 can coconut milk

2 vanilla beans, scraped (I got mine vanilla beans on Amazon. You can also use pure **vanilla bean paste**)

¼ cup organic coconut oil

½ cup organic maple syrup

1 tablespoon vanilla extract

1 tablespoon almond extract

⅛ teaspoon sea salt

½ cup pistachios, chopped

### Preparation method

Cut the cauliflower into florets. Boil for 5 minutes, or until tender. Drain and cool. Add the cooked cauliflower, cashews, coconut milk, scraped vanilla beans, coconut oil, maple syrup, vanilla extract, almond extract, and salt to a high speed blender and process until smooth.

If you have an ice-cream maker – churn the mixture in an ice cream maker according to the manufacturer's instructions. I don't have an ice-cream maker so I poured the blended mixture from the blender directly to the glass loaf bakeware. Stir in the pistachios before storing the ice cream in the freezer. Or you can pour them on top after you scoop your ice cream.

Freeze for at least 4-5 hours and take it out of freezer 30-40 minutes before serving or when you see it is soft enough to scoop with the ice cream scooper. Sprinkle with pistachios or other nuts or your favorite topping and enjoy while it's cold!