

STRAWBERRY BASIL ICE CREAM

Vegan recipe and notes shared by Madan Mohini dasi



Yield: About 4 cups

Time: 30 minutes plus stirring

STEP 1 - BASIL CREAM

2 Cups cashews (soaked at least 3 hours then rinsed and drained)

2 Cups water

A handful of fresh basil (1/4 cup packed tightly)

Preparation: 15 min.

1. Place cashews and water in a high-speed blender.
2. Process until very smooth.
3. Bruise the basil (crush it in your hand to start releasing the oils).
4. Stir into cream, place in a container and refrigerate for 24 hours, stirring occasionally.
5. Strain (a colander works the best as this is quite thick).

STEP 2 - ICE CREAM

2 Cups basil cream

1/2 Cup brazil nut or other nut milk

1/2 Cup agave nectar

1 Cup chopped strawberries

Preparation: 15 min. Plus stirring time.

1. Place all the ingredients in a blender. Blend until smooth.
2. Freeze according to the ice cream machine manufacturer's instructions. (Alternatively, you can use a container in the freezer, stirring occasionally while freezing. For example, every 30 minutes for 3 - 4 hours)
3. Garnish with basil and strawberries to serve.