

# ONE BITE

ONLINE MAGAZINE

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Blogger Awards*

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# Vegan Turtle Ice Cream Cake

By Amy Lyons

**Makes One 6 inch cake**

## Ingredients

### Crust:

- 3/4 cup organic gluten free rolled oats
- 3/4 cup finely shredded dried unsweetened coconut
- 3 tbsp unsweetened cocoa powder

- 3/4 cup soft pitted medjool dates (soaked in filtered water if not soft for 30 minutes and drained well.)

- 3 tbsp almond butter
- 1/4 tsp sea salt

### Ice Cream:

- 1 cup cooked chickpeas





[www.fragrantvanilla.com](http://www.fragrantvanilla.com)

- 1 15 oz can full fat coconut milk
- 1/2 cup almond butter
- 3/4 cup soft pitted medjool dates (soaked in filtered water if not soft for 30 minutes and drained well.)
- 1/2 cup unsweetened cocoa powder
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract

#### **Caramel:**

- 1 cup soft pitted medjool dates (soaked in filtered water if not soft for 30 minutes and drained well.)
- 3/4 cup filtered water (or as needed)

- 1/4 cup almond butter
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract

#### **Assembly:**

- 1 cup pecans (half chopped and half whole)

#### **Instructions:**

1. Oil a 6-inch spring form pan and line with parchment paper.
2. To make the crust, combine all ingredients in a food processor and process until fine and starting to hold together when squeezed. Once it is at that stage, press it into the bottom of the prepared pan. Set aside.





3. To make the ice cream, combine all ingredients in a high speed blender or food processor and blend until very smooth (if you are using a food processor and it still has little bits you may want to strain it through a fine meshed strainer to remove them).

4. Pour into a bowl and place in the freezer for about 30 minutes or until chilled, whisking after 15 minutes.

5. Meanwhile, to make the caramel, combine all ingredients in a high speed blender and process until smooth. If it is too thick add a little more water. You want it gooey and almost pour-able, not runny.

6. To assemble the cake, spoon half of the ice cream mixture over the crust in the pan, and then drop 1/3 of the caramel over it by the teaspoon and sprinkle with 1/4 cup chopped pecans.

7. Swirl with a knife, then pour the remaining ice cream over that, smoothing the top, and drop half of the remaining caramel over that and another 1/4 cup chopped pecans. Swirl with a knife, and tap on the counter to get rid of any bubbles.





8. Place in the freezer until firm, about 6 hours.

9. When ready to serve, drizzle with the remaining caramel and whole pecans, cut into pieces, and enjoy!

10. Store any leftover cake in the freezer in an airtight container.



## About the author...

**Amy Lyons** was first exposed to cooking and baking when she was a small child in her grandmother's kitchen. She always wanted to help and get in on the action...especially when cookies were involved! She graduated from Bethel University with a degree in studio art, but now her real passion is food. She has always been a creative person, but it wasn't until freshmen year at college that she began experimenting with cooking and venturing outside the box, creating her own recipes.

[Check out her website.](#)

