

ONE BITE

ONLINE MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



Coconut Cacao No Churn Ice Cream

By Anastasia Love

Yield: 5 Portions

Ingredients

- 400ml full fat coconut milk from a can (1 can)
- 200g pitted dates (between 3/4 and 1 cup)
- 4 tablespoons cacao powder

Instructions:

1. Soak the dates in the coconut milk in a jug for at least 2 hours (or overnight). This makes the dates soft and easy to blend.
2. When ready add the cacao powder to the jug.
3. Use a hand blender (easiest), jug blender or food processor to blend together until creamy and smooth.
4. Pour into a container (I use a glass loaf tin for this) and then pop into the freezer.
5. Freeze for a few hours to get a perfect ice cream texture.
6. You can leave as long as you want. After a few hours, the ice cream will become harder - in which case, the best way to serve it is to take it out of the freezer and leave at room temperature until it is nicely scoopable (which is normally after about 20 minutes, depending on the temperature).
7. Enjoy!



About the author...

Anastasia is the creator of Kind Earth. Deeply spiritual, she has a strong compassion for all sentient life and her plant-based lifestyle reflects that. Her recipes are all plant-based, wheat and refined sugar-free and created in mind to help as many people as possible to lead a more conscious lifestyle.

