

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**



Maple Bacon Ice-Cream

By Michael Suchman

Prep Time: 5 minutes

Inactive Time: 4 hours to soak cashews and 2 hours to chill

Yield: 1 1/2 pints

Ingredients:

- 1 cup raw cashews (soaked at least 4 hours, drained and rinsed)
- 1/2 cup sugar
- 3/4 cup water
- 1 tsp vanilla extract
- 1 cup hemp milk
- 1/4 tsp maple extract
- 1/4 cup bacony bits (we like Lindsay Nixon's recipe from Happy Herbivore)

Directions:

1. Add sugar to a blender and process to make into a more powdery sugar. Add cashews, water, and vanilla to the sugar. Blend on high for 3 minutes or until smooth, stopping occasionally to scrape down the sides.
2. Add hemp milk and maple extract to the blender. Blend another minute until smooth.
3. Chill mixture in refrigerator for at least 2 hours before proceeding.
4. Add chilled mixture to your ice cream maker and follow the manufacturer's instructions.
5. During the last 3 minutes of time in the ice cream maker, add in the bacon bits. Use a rubber spatula to help push them into the ice cream.
6. When ice cream is done, transfer to a container, cover and put in the freezer for an hour to harden.
7. Scoop into bowls and enjoy.



About the author...

Michael is a recovering lawyer. After practicing in the field of Corporate Litigation for 12 years, he was tired of representing corporations over the interests of individuals. When not running the show at Chelsea Foot and Ankle, Michael can be found either in the kitchen trying out new recipes, watching Dr. Who, or taking photos the old fashioned way, with an actual 35mm camera. Michael is a certified Vegan Lifestyle Coach and Educator and a proud graduate of Victoria Moran's Main Street Vegan Academy. He is also certified by PCRM as a Food For Life Instructor. Michael lives in Williamsburg, Brooklyn with his husband Ethan and their vegan dogs, Riley and Charlie.

[Check out his website.](#)