

BUTTERNUT MACADAMIA ICE CREAM



This ice cream is sweetened with butternut squash and stevia. Feel free to use raw honey in place of the stevia if you prefer.

Prep Time: 20 minutes

Total Time: 55 minutes + 4 hours freezing time

Yield: 4 to 6 servings

Equipment Needed: food processor, ice cream maker

INGREDIENTS

- 1 cup raw cashews
- 1 ½ cups cooked butternut squash
- Zest of 1 lemon
- Juice of 1 lemon
- 1 tablespoon vanilla
- 1 teaspoon ground cinnamon
- 1/3 nutmeg ball, zested
- 1 cup full-fat coconut milk
- 20 drops liquid stevia or ½ cup raw honey
- 1 teaspoon high mineral sea salt
- 1 cup chopped toasted macadamia nuts

DIRECTIONS

1. Freeze the bowl of the ice cream machine for at least 6 hours before proceeding.
2. Cover 1 cup of raw cashews with boiling water by 1". Let cashews sit for 30 minutes and gather remaining ingredients.
3. In the bowl of a food processor, add remaining ingredients including the drained cashews (excluding the macadamia nuts) and process until smooth.
4. Scrape the ice cream batter into the bowl of the ice cream maker and process according to the manufacturer's instructions. Before freezing, stir in the macadamia nuts. Freeze and enjoy!