

Herbal Legacy Recipes

HEALTHY MAPLE NUT ICE CREAM

Submitted by Yvonne Salcido MH - "The maple nut ice cream is a family favorite! I made it up and it has been voted our #1 dessert. The cashews make it creamier, but if you don't have them it works well without too and of coarse you can use walnuts... personally I like to mix them!"

INGREDIENTS:

- 10-12 Pitted Dates
- 1/2 C. Pure Maple Syrup
- 1/2 C. Raw Cashews
- Almond Milk or Raw Goats Milk
- 3/4 to 1 C. Chopped Pecans



DIRECTIONS:

1. Soak Dates and Cashews in 1 cup Almond Milk for a couple hours.
2. Put all ingredients in Vita-mix then fill to 4 cup line with almond milk and blend.
3. Stir in chopped Pecans.
4. Pour in ice cream maker to freeze!

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