



ALMOND ICE CREAM

INGREDIENTS

- 1 1/4 cups almond milk (I use Elmhurst unsweetened milked almonds - 2 ingredient version)
- 1/3 cup honey
- 1 vanilla bean
- 4 tbsp blanched almond butter
- 4 egg yolks
- 1 1/4 cups SCD legal heavy whipping cream

INSTRUCTIONS

Using a sharp knife, cut alongside the vanilla bean and scrape out the seeds using a small spoon. Add both the vanilla seeds and empty vanilla bean as well as honey and almond milk to a small saucepan. Let cook until it starts boiling. Set aside.

Combine the almond butter with the egg yolks in a small mixing bowl. While stirring constantly, add half of the almond milk mixture and combine well. Now return the mixture to the remaining almond milk in the sauce pan. Heat for two more minutes until the mixture thickens, then remove from the stove. Let cool to room temperature. For best results, refrigerate for 1 hour.

Add the heavy whipping cream to the mixture and combine well.

Add mixture to your ice cream maker, following its instructions.

Place the ice cream in a sealable container and freeze overnight.

Guten Appetit!