

## **BRYANNA'S VEGAN "SOUR CREAM" ICE CREAM**

**Servings: 8**

16 oz extra-firm silken tofu (1+1/3 MoriNu 12 oz. shelf-stable cartons)

1 cup creamy original soymilk (*I use Silk Organic Original*), or other creamy non-dairy milk (*NOT full-fat coconut milk*)

(*NOTE: If you prefer, you can use your favorite commercial vegan creamer, such as So Delicious Original Coconut Creamer*)

3/4 cup light-colored unbleached organic granulated sugar

4 1/2 Tbsp lemon juice

2 tsp Instant Clear Jel or UltraGel (*OR 1/2 tsp guar gum or xanthan gum*)

1 tsp lemon oil or 2 tsp. finely-grated lemon zest

1/2 tsp pure vanilla extract

3/8 tsp salt

Crumble the tofu into a blender and add all other ingredients. Blend until VERY smooth. Chill mixture until it is very cold.

Freeze according to the directions for your ice cream maker. I use a Cuisinart ICE-30BC 2-Quart Automatic Ice Cream Maker and this recipe took about 20 minutes freezing time.

Spread the mixture into a 2 quart rectangular glass or ceramic baking pan or a rectangular 2 qt. freezer container. Cover and freeze for several hours before serving-- preferably overnight.

**Nutrition (per serving):** 119 calories, 11 calories from fat, 1.6g total fat, 0mg cholesterol, 136.5mg sodium, 140.8mg potassium, 21.7g carbohydrates, less than 1g fiber, 20.3g sugar, 5.1g protein, 3.3 points.

## **BRYANNA'S QUICK & EASY BROWN SUGAR "CARAMEL" SYRUP**

**Yield: 1 1/2 cups**

1 cup brown sugar (*light brown or regular-- your pick*)

1/4 cup vegan butter

1/2 cup creamy non-dairy milk (*I use Silk Organic Original*) OR vegan creamer such as So Delicious Original Coconut Creamer

1 Tbsp pure vanilla extract

Whisk together all of the ingredients in a heavy medium saucepan over medium-low heat. Keep whisking gently for about 5 minutes, or until it thicken. Remove from heat. Serve warm or refrigerate. The warm sauce will harden a bit when dribbled over ice cream.

To reheat, microwave briefly at low power.

**Nutrition (per 1 Tbsp serving):** 55 calories, 17 calories from fat, 1.9g total fat, 0mg cholesterol, 25.7mg sodium, 39.4mg potassium, 9.2g carbohydrates, less than 1g fiber, 9g sugar, less than 1g protein, 1.6 points.