

BRYANNA'S VEGAN DOUBLE GINGER GELATO WITH AGAVE (Soy-Free)

Servings: 8

Yield: 1 quart

Adapted from a recipe in my book "Nonna's Italian Kitchen". Tapioca starch makes this gelato smooth and custardy without the mouth-feel of a "frozen pudding".

This is a very ginger-y gelato. If you want to tone it down a bit (but, why?), omit the candied ginger.

NOTE ABOUT NUT ALLERGY: if allergic to nuts, use coconut milk beverage, or soy, hemp or rice milk, and *omit the cashews* and add 1/4 cup more milk of choice and 1/4 cup oil.

MIXTURE #1:

Ginger-Water:

1 cup water

1/4 cup grated peeled fresh ginger

Additions:

1/2 cup light agave nectar

1 teaspoon pure vanilla extract

MIXTURE #2:

1 3/4 cups So Delicious Coconut Milk Beverage, original or almond milk (Almond Breeze, Silk, Pacific or homemade)

1/2 cup raw cashew pieces

1/2 cup unbleached organic granulated sugar

1 tablespoon tapioca starch (don't substitute other starches! See Cooking Tips below)

1/4 teaspoon salt

ADDITIONAL: (you can omit this if you want a milder ginger flavor)

1/2 cup chopped organic candied ginger

Mixture #1:

To make the Ginger-Water, simmer the water and ginger in a small saucepan, uncovered, for 5 minutes. Strain through a sieve. Measure. You should have 3/4 cup. If you have more, simmer again to reduce it to 3/4 cup. If you don't have enough, add water to make 3/4 cup. Pour it into a small mixing bowl.

Whisk in the agave nectar and vanilla. Set aside in the refrigerator.

Mixture #2:

Blend all of the Mixture #2 ingredients in the blender until VERY smooth and frothy (make sure

that it doesn't feel grainy). Place this mixture in a heavy-bottomed medium saucepan and stir over medium-high heat until thickened.

OR (MICROWAVE OPTION) place the mixture in a large microwave-proof bowl and microwave on high power for 2 minutes; whisk; cook 2 minutes more; whisk; and cook 1 minute more.

Whisk Mixture #1 into cooked Mixture #2. Chill the gelato mixture thoroughly, and then freeze according to directions for your ice cream machine.

When the mixture is about 3/4 of the way frozen, add the candied ginger.

When the gelato is frozen, scoop it into a quart container, cover and freeze for several hours before serving.

Nutrition Facts

Nutrition (per 1/2 cup serving): 201.2 calories; 19% calories from fat; 4.5g total fat; 0.0mg cholesterol; 91.3mg sodium; 105.7mg potassium; 42.5g carbohydrates; 0.5g fiber; 29.5g sugar; 42.0g net carbs; 1.8g protein; 4.3 points.

Cooking Tips

TAPIOCA STARCH:

Easy to find in Asian grocery stores or the Asian section of large supermarkets.

Available at <http://www.bulkfoods.com/>, amazon.com and many online Asian food purveyors.