

BRYANNA'S CREAMY VEGAN LEMON ICE CREAM WITH WILD PLUM JAM SWIRL (with nut-free alternative)

Servings: 10

This is easy to make, creamy and refreshing!

1 cup raw cashews (*see Tips below for nut-free alternative*)

2 1/2 cups creamy non-dairy milk (*I prefer Silk original Organic Soy Milk*)

1 cup unbleached organic sugar (*light-colored*)

3/4 cup fresh lemon juice

1/4 cup grated lemon zest

NOTE: I used 5 medium lemons in total

1 tsp pure vanilla extract

1/4 tsp salt

1/4 tsp guar gum or xanthan gum OR 2 1/2 tsp. Instant Clear Jel (*use only the instant*)

OPTIONAL: 2 T. vodka, white vermouth-- the alcohol prevents the ice cream from freezing rock solid

For the Swirl:

1/3-1/2 cup wild plum jam (*see Tips below for alternatives*)

Cover the cashews with boiling water and let stand for at least 10 minutes, while you prepare the other ingredients. When you are ready to mix them with other ingredients, drain them well.

Combine all of the ingredients (EXCEPT the jam) in a high-speed blender, including the soaked and well-drained cashews. Blend at high speed until very smooth and creamy.

Chill until the mixture is very cold. Freeze according to the directions for your ice cream maker. (I use a Cuisinart ICE-30BC Pure Indulgence 2-Quart Automatic Frozen Yogurt, Sorbet, and Ice Cream Maker and it took about 20 minutes freezing time.)

Have ready a 2-quart rectangular glass, metal or ceramic baking pan (9 x 13"), or a rectangular 2-quart freezer storage container, which you have placed in the freezer while the ice cream maker does its work.

When the mixture is creamy but frozen, spread it into your frozen pan or container. For the swirl, drop blobs of the jam in two lines down the length of the ice cream. Take a table knife and swirl it into the ice cream. Cover and freeze for several hours before serving.

Nutrition Facts

Nutrition (per serving): 219 calories, 60 calories from fat, 7.4g total fat, 0mg cholesterol, 77.8mg sodium, 208.4mg potassium, 35.9g carbohydrates, 1.4g fiber, 28.7g sugar, 4.4g protein, 6.3 points.

Tips

NUT-FREE ALTERNATIVE:

Omit the cashews and the non-dairy milk and use instead 3 1/2 cups of your favorite dairy-free creamer, but don't use a sweet or flavored variety. My favorites are So Delicious Original Coconutmilk Creamer and Silk Original Soy Creamer.

About the Jam:

You can use any not-too-sweet plum jam, or other not-too-sweet dark-colored home-style fruit jam if you have no wild plum jam. If your jam is very solid, you may need to water it down a little so that it swirls nicely. You could use water or even a little plum slivovitz or schnapps to thin it out, if you like.

My Italian-Style Wild Plum Jam recipe is here:

<http://veganfeastkitchen.blogspot.ca/2007/09/jewel-like-tangy-sweet-italian-plum-jam.html>

and there is a recipe for plum jam made with any type of plum here:

<http://pickyourown.org/plumjam.htm>

This Canadian website shows some types of commercially made home-style jams of a less common type than are generally available: <http://edelweissimports.com/specialty-food/jams-spreads.html?p=1> ,

including Bonne Maman Mirabelles Plum Jam

I have seen these jams in well-stocked supermarkets and specialty stores. Amazon also carries various gourmet plum jams.