

## Edible Perspective

12.24.13

**Vegan Candy Cane Ice Cream & Chocolate Oatmeal Cookie Pie** gluten-free, vegan // yields 8 servings

### for the ice cream:

- 2, 14oz cans full fat coconut milk
- 1/3 cup coconut nectar, *or brown rice syrup*
- 3 tablespoons pure cane sugar
- 1 tablespoon arrowroot starch
- 1 tablespoon vodka
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon peppermint extract
- 1 large candy cane, *crushed*
- melted vegan chocolate, *optional topping*

### for the chocolate oatmeal cookie pie:

- 1 cup gluten-free rolled oats
- 1/4 cup unsweetened cocoa powder
- 1/4 cup almond meal
- 1/4 cup muscovado sugar, *or brown sugar*
- 2 tablespoons gluten-free oat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3 1/2 tablespoons coconut nectar, *or brown rice syrup*
- 3 1/2 tablespoons unrefined coconut oil, *softened*
- 1 teaspoon pure vanilla extract
- 1/3 cup vegan chocolate chips

### for the ice cream:

Scrape contents of both coconut milk cans into a large pot over medium heat. Set aside 2-3 tablespoons of the coconut milk liquid in a small bowl. Pour the coconut nectar and sugar into the pot and whisk until smooth. Whisk the arrowroot starch into the reserved coconut liquid until dissolved. Pour starch mixture into the pot and whisk to combined. Bring to a boil whisking occasionally, and let boil for about 1 1/2 minutes. Remove from heat and whisk in the vodka, vanilla, and peppermint extract.

Prepare an ice bath by placing ice in a large metal/ceramic bowl filled about 1/3 of the way and then add about 1 cup of water. Nest a slightly smaller bowl in the larger bowl making sure the water won't come up over the edge. Pour the ice cream mixture into the top bowl and let sit for about 1 hour until fully chilled. Whisk occasionally to speed up the process and add more ice to the bottom bowl if needed. *Or, pour ice cream mixture into a metal or ceramic bowl and refrigerate until fully chilled.*

Once chilled pour into your ice cream maker and follow manufacturer's instructions. Mine spins for about 20 minutes. When it starts to thicken [about halfway done] pour in 1/3 cup crushed candy cane pieces and allow mixture to finish spinning.

Scrape contents into an 8x4 loaf pan or other container, sprinkle with crushed candy cane, and place plastic wrap directly on top of the ice cream. Allow to freeze for 4 hours before serving. For a soft serve texture freeze for 1 hour. Drizzle with melted chocolate [1/2 cup chocolate chips + 1 teaspoon coconut oil] if desired before serving.

**for the cookie pie:**

Preheat your oven to 350\* F and grease a 9-inch pie pan with coconut oil. Grind oats in a food processor, coffee grinder, etc. until about 1/2-way to flour. Mix dry ingredients together in a large bowl. In another bowl mash/mix together the coconut nectar, coconut oil, and vanilla [mixture will be thick and sticky] with a fork.

Scrape the wet mixture into the dry and mix with your hands for 1-2 minutes until it starts to form a dough and the dry mixture is fully incorporated. Place the dough in the pie pan and evenly press into the bottom and around the sides of the pan, coming up about 1-inch.

Place in the oven for 10-14 minutes. Pour chocolate chips over the top as soon as it's removed from the oven. Let fully cool before slicing with a sharp knife. Cookie will firm but remain chewy once cooled. Top with ice cream and serve.

**notes:** The arrowroot starch help the coconut milk ice cream to maintain a creamy, less icy texture. The vodka [cannot detect the flavor] helps the ice cream stay slightly softer when freezing. The coconut nectar is extremely thick and can be replaced with brown rice syrup, but I'm not sure of the result using agave nectar.