

Vegan Ice Cream Sandwich

BY RAISA C.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 2 cups almond flour ✓
- 2/3 cup cacao powder ✓
- 1/2 cup unsweetened shredded coconut ✓
- 4 TBSP maple syrup ✓
- 3 TBSP coconut oil ✓
- 1 tsp vanilla extract ✓
- 2 tsp maple syrup
- 1 can coconut milk

DIRECTIONS:

1. Place coconut milk in the fridge the night before so that the cream separates from the liquid. After opening the can, scoop out the coconut cream.
2. In a medium bowl combine almond meal, raw cacao powder, unsweetened shredded coconut, maple syrup and coconut oil and mix with a spoon until evenly combined.
3. Mold dough into cookie shapes. I did mine manually but you can roll out cookie mix and use a cookie cutter.
4. Place your cut cookies into the freezer to set while you whip your coconut cream.
5. To whip coconut cream, combine cream, vanilla and maple syrup. Whip using an electric hand beater until light and fluffy.
6. Assemble ice cream sandwich by filing 2 biscuits with coconut cream filling to make a sandwich
7. Place back in the freezer for half an hour, until set.
8. Store in the freezer.