

NATURE'S     FOOD PATCH

Market & Café

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Raw Vegan Ice Cream 6/29 - Brad Myers,

<https://www.facebook.com/TheVegabondChef>

Vegan Ice Cream

1c Pistachios, soaked
1 Frozen Banana
1 Ripe Avocado
1 Thai Coconut (meat)
1/4c Coconut Water
1/4c Coconut Butter
1/4c Coconut Oil
1c Coconut Milk
1/2c Coconut Nectar
1t Mint Extract
1 Vanilla Bean
Pinch Salt

Soak Pistachios for at least 6 hours and then remove skins. Put Pistachios in blender and add Coco Water, Oil, Butter, Milk, Salt, Vanilla, and Mint. Blend on high for a whole minute. Add the remaining ingredients and blend again for about a minute. Transfer mix into Ice Cream Maker and follow directions for that machine. Serve with Cacao Nibs and Mint Leaf garnish