



Vegan black coconut ice cream

15'
Hands on

8 hours'
Hands off

4-6
Portion(s)

1
Difficulty



Ingredients

- 190 g cashews, raw
- 400 g coconut cream
- 2 tablespoon(s) activated charcoal, ground
- 150 g maple syrup
- 20 g coconut oil
- 1 tablespoon(s) [vanilla extract](#)
- 1 pinch salt

Διατροφικός πίνακας

Nutrition information per portion

521 Calories (kcal)	42.0 Total Fat (g)	26.0 Saturated Fat (g)	25.0 Total Carbs (g)
26%	60%	130%	10%
20.0 Sugars (g)	9.7 Protein (g)	2.9 Fibre (g)	0.11 Sodium (g)
22%	19%	12%	2%

Method

- Soak the cashews for 2 hours into a [bowl](#) with plenty of water.
- Drain the cashews and wipe them with kitchen paper towel.
- In a blender add the soaked cashews, coconut cream, activated charcoal, maple syrup, coconut oil, vanilla extract, and salt.
- Beat for 1-2 minutes until there is a uniform and smooth mixture.
- Pour the mixture into an ice cream maker and beat according to the machine's instructions.
- Alternatively, transfer into a bowl, cover with plastic wrap and put it in the freezer for 4-6 hours until the ice cream is thickened.
- When it is ready, serve.

Tip

In case you have the activated charcoal in a capsule, split it in half and press the capsule to get the charcoal into the bowl with the other ingredients.