

## *Vegan Blueberry Vice Cream*

### INGREDIENTS

**22 oz fresh organic  
blueberries, plus ½ cup  
chopped blueberries**

**1 cup organic cashews or  
cashew pieces**

**1 cup maple syrup**

**1 tbsp alcohol-free vanilla  
flavor**

**⅛ tsp alcohol-free almond  
flavor**

1. Run the whole blueberries through a juicer to make 2 cups of juice. (If you don't want to go to the trouble of juicing the berries, increase the chopped blueberries to 1 cup, the cashews to 1 1/2 cups and add 1 1/2 cups water. The taste won't be as intense, but it will still be delicious.)
2. Combine the juice, cashews, maple syrup and both flavorings in a blender and mix on high until silky smooth, at least 1 minute. Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or overnight, until well chilled.
3. Place the chopped blueberries in the freezer to chill. 4. Pour the blueberry juice mixture into an ice cream maker and freeze according to the manufacturer's instructions. Remove the cover and blade from the maker and fold in the chopped blueberries, distributing evenly. Serve immediately or transfer to airtight containers and store in the freezer until ready to serve.

Yield: 8 servings

Source: Vice Cream by Jeff Rogers (Celestial Arts)