

# Vegan Turmeric Ginger Ice Cream

Source: Better Vegan Category: Vegan Desserts

Prep Time: 15 min Chill time: 1-2 hrs Churn Time: 20 min

Total Time: 1-2 hrs 35 min

Makes about 5 cups

*Vegan | Gluten Free | Refined Sugar Free | Soy Free*

*Sugar-Free option available (see notes)*



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Recipe Link:

<https://www.betterveganrecipes.com/turmeric-ginger-ice-cream>

## Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup maple syrup
- Pinch of pink Himalayan salt
- 2 cups unsweetened full-fat coconut milk from the can
- 1/2 Tbsp. pure vanilla extract
- 1 2-inch piece fresh ginger, thinly sliced
- 1 tsp. ground ginger
- 1 tsp. turmeric powder
- Generous pinch of ground black pepper
- Zest of one lemon, finely grated
- 1/2 tsp. xanthan gum
- Toasted wide unsweetened coconut flakes, for garnish

## Instructions:

1. Prepare the ingredients.
2. Place all ingredients except lemon zest and xanthan gum into a medium saucepan and bring to simmer, stirring frequently. Reduce heat to low and simmer for about 5 minutes, stirring frequently and making sure that all ingredients are well-combined. Remove from heat and let cool to room temperature.
3. Once cool, strain the mixture through a fine mesh strainer and discard the ginger slices. Put the strained mixture into the blender, add xanthan gum and blend until smooth. The mixture will thicken and will resemble the consistency of thin yogurt.
4. Transfer the mixture to a medium bowl, cover with plastic wrap and refrigerate 1-2 hours or overnight.
5. Turn on the ice cream maker; pour the mixture into the ice cream maker, add lemon zest and let mix until thickened, about 15 to 20 minutes. Follow your ice cream maker's manufacturer instructions for precise timing and process (I use Cuisinart ICE-21). The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2+ hours.

## Notes:

When left in freezer overnight, the ice cream may freeze pretty hard. If that happens, remove from freezer about 15 minutes before serving.

You can easily make this ice cream sugar-free by substituting maple syrup with stevia. Start with about 20 drops of liquid stevia, then adjust to taste. The texture will not be as creamy though as with maple syrup. You can remedy it by adding a bit more xanthan gum (about 1/4 tsp.).

If you prefer a really strong ginger flavor and more heat, use 3-inch piece of fresh ginger and 2 tsp. of ground ginger.

## Equipment needed:

Blender  
Ice cream maker

## Serving suggestion:

Serve topped with toasted coconut flakes.