

## Cashew Maple Ice Cream



### Ingredients

- 1 ½ cups raw (not salted or roasted) cashews - soaked overnight
- 1 ½ cups filtered water
- ½ cup maple syrup
- 1 ½ teaspoons vanilla extract
- ¾ teaspoons vanilla powder
- 1 ½ teaspoons salt

Rinse and drain the cashews. For a quicker soaking method, place cashews in boiling hot water and soak for an hour or until soft.

Add all ingredients to a high-powered blender and blend until smooth. Chill mixture in refrigerator for 2-3 hours or overnight.

Pour mixture into ice cream maker and follow manufacturer's instructions.

### Notes

I use all organic ingredients.

It takes me about 15-20 minutes to churn the ice cream using a Cuisinart ice cream maker.

Maple Ice Cream, [One Green Planet](#)