

VEGAN PUMPKIN PIE ICE CREAM

Prep time	Cook time	Total time
1 hour	15 mins	1 hour 15 mins

Creamy 10 ingredient vegan pumpkin pie ice cream with tons of creamy pumpkin puree. Simple to make, perfectly sweetened, and subtly spiced.

Author: Minimalist Baker

Recipe type: Dessert

Cuisine: Vegan

Serves: 7



Ingredients

ICE CREAM

- 1.5 cups raw cashews, soaked for 4-6 hours, or in boiling hot water for 1-2 hours*
- 1 cup dairy-free milk (such as unsweetened almond, light coconut or rice)
- 3 Tbsp olive oil
- 3/4 cup pumpkin puree
- 1/4 cup maple syrup (sub agave or honey if not vegan)
- 1/4 cup + 2 Tbsp brown sugar
- 1.5 tsp pure vanilla extract
- 1/4 tsp sea salt
- 1 1/2 tsp pumpkin pie spice
- 3/4 tsp ground cinnamon

ROASTED PECANS (optional)

- 1/2 cup raw pecan halves
- 1 Tbsp vegan butter (such as Earth Balance | or sub olive or grape seed oil)
- 1 Tbsp brown sugar
- pinch each sea salt, cinnamon and cayenne pepper

Instructions

1. Set your churning bowl in the freezer the night before to chill. Soak your cashews the night before as well, or for at least 4-6 hour before blending. Alternatively soak in boiling water for 1-2 hours (see notes).
2. Once soaked, add well-drained cashews and remaining ingredients to a blender and blend until creamy and smooth - about 3-4 minutes, using the "liquify" or "puree" setting if you have the option to get it really creamy. Taste and adjust sweetness/flavors as needed.
3. Add mixture to your chilled ice cream maker bowl and churn according to manufacturer's instructions until thoroughly chilled - about 45 minutes. It should resemble thick soft serve.

4. Transfer to a freezer-safe container, cover and freeze until hard - at least 6 hours, preferably overnight. Will keep in the freezer for up to a week.
5. Take out of the freezer and thaw for 30-40 minutes - or microwave (gasp!) for 15-20 seconds - before serving to soften. Serve with brown sugar roasted pecans (see next step) and [coconut whipped cream](#) for extra oomph.
6. **FOR THE PECANS:** Preheat oven to 350 degrees F and place pecans on a foil-lined baking sheet. Toast for about 8 minutes.
7. In the meantime, melt butter in a small skillet or in the microwave and stir in brown sugar, sea salt, cinnamon and cayenne.
8. Remove toasted pecans from oven and toss with butter and spice mixture. Spread back onto the baking sheet and toast for another 4-7 minutes or until fragrant and golden brown, being careful not to burn.
9. Let cool completely. Store leftovers in a jar for up to 1 week.

Notes

*For soaking cashews in boiling water, simply place raw cashews in a dish or jar, bring a large pot of water to a boil, then pour over and soak at least 1 hour, no longer than 2. Drain as usual.

*Prep time does not include soaking cashews or freezing.

*Nutrition information is a rough estimate for 1 of 7 1/2-cup servings without toppings or pecans.

*Adapted from [Post Punk Kitchen](#).

Nutrition Information

Serving size: 1/7th of recipe Calories: 296 Fat: 20.1g Saturated fat: 3.6g Carbohydrates: 27.6g
Sugar: 16.7g Sodium: 102mg Fiber: 2g Protein: 5g

Recipe by Minimalist Baker at <http://minimalistbaker.com/vegan-pumpkin-pie-ice-cream/>