

VEGAN CHAI ICE CREAM

| Prep time | Total time |
|-----------|------------|
| 1 hour | 1 hour |

Cashew-based vegan chai ice cream that's luxuriously creamy and spicy-sweet. Surprisingly easy with simple ingredients, plus no boiling or chilling required!

Author: Minimalist Baker

Recipe type: Dessert

Cuisine: Vegan, Gluten Free

Serves: 6



Ingredients

- 1.5 cups raw cashews, soaked for 4-6 hours (or overnight), then drained
- 1 cup light coconut milk (or sub another dairy free milk, such as almond or rice)
- 3 packets chai tea (or ~4 tsp loose leaf, or sub black tea for a more subtle chai flavor)
- 1/4 cup coconut oil, melted (or olive oil)
- 1/4 cup agave nectar or maple syrup (or sub honey if not vegan)
- 1/4 cup cane sugar
- 1 tsp pure vanilla extract
- 1/2 tsp each cinnamon and ginger powder
- Optional: 1/4 tsp each black pepper, ground cloves and cardamom

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.
2. When ready to prepare ice cream, steep your chai tea in 3/4 cup boiling water for at least 10 minutes. It should be very strong. Remove tea bags, squeezing out excess tea, and let cool in the fridge.
3. In the meantime, drain cashews and measure out other ingredients.
4. Add tea and all remaining ingredients to a blender and blend until creamy and smooth - about 3-4 minutes, using liquify if you have the option. Taste and adjust sweetness/flavors as needed.
5. 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.
6. 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.

Notes

*If you don't have all of the spices on hand, just add what you have and let the chai tea concentrate compensate the flavor.

*Inspired by / loosely adapted from [Isa Chandra](#).

*Preparation time reflects hands-on preparation, not soaking cashews and extra freezing.

Nutrition Information

Serving size: 1/2 cup Calories: 371 Fat: 26 g Saturated fat: 12 g Carbohydrates: 31 g Sugar: 20 g
Sodium: 16 mg Fiber: 1 g Protein: 5.7 g

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