
Vegan Muhalabiya Ice Cream

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 can full-fat coconut milk
- 1/2 cup cane sugar
- 1/4 cup honey
- 6 cardamom pods, crushed
- 1/2 cup raw cashews, soaked
- 1 1/4 cups water
- 1/2 teaspoon xanthum gum
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon orange blossom water
- 1/8 teaspoon mastic powder (optional)
- 1/3 cup raw pistachios, roughly chopped

Instructions:

1. Place the coconut milk, sugar, honey and cardamom pods in a small saucepan and bring to a boil. Then lower heat and let simmer for about 10mins. Remove from the heat, pour into a large bowl, and set aside to cool down.
2. While the coconut milk mixture is cooling down, drain and rinse the cashews and then place in a high-speed blender with the water. Blend until smooth. Then add the vanilla, orange blossom, mastic if using, and xanthum gum. Blend again then pour over the cooled coconut milk mixture. Taste to check if it needs more sweetness, keeping in mind it needs to taste a little too sweet at room temperature for it to taste just right once it's frozen.

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3. Cover the mixture and place in the fridge until completely cold.
 4. Once cold, pour into your ice cream machine, and let churn until almost solid. My machine takes about 10 minutes. At this point add the chopped pistachios and churn just until the pistachios are mixed in.
 5. Serve immediately or place in an airtight container in the freezer until ready to serve.