
Healthy Vegan Ice Cream Cake

Cook Time: 20 min

prep Time: 30 min

total Time: 60 min

servings: 8

ingredients:

Cake Layer:

- 1 tablespoon ground chia seeds
- 1/2 cup (50g) blanched almond flour
- 3 tablespoons (23g) tapioca flour
- 1/4 cup (40g) coconut sugar
- 1/4 cup (25g) cacao powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 medium ripe banana (1/4 cup or 90g)
- 1/4 cup (60ml) dairy-free milk (at room temperature)
- 2 tablespoons (30ml) coconut oil, melted
- 1 teaspoon vanilla extract

Ice Cream Layer:

- 3/4 cup (100g) roasted unsalted cashews (see intro)
- 3/4 cup (75g) cornflakes, scrunched up after measuring
- 1 1/4 cups (300ml) barista oat or homemade almond milk (see intro)
- 2 ripe (180g) frozen bananas
- 1/4 cup (60ml) maple syrup
- 1 teaspoon vanilla extract
- 1/8 teaspoon sea salt
- 1/2 cup (50g) fresh or frozen raspberries

Cornflakes Topping:

- 1 cup (50g) cornflakes, crushed into fine crumbs
- 3T (30g) coconut sugar
- 2 teaspoons cacao powder
- 2 tablespoons (30ml) coconut oil, melted

Instructions:

To make the cake:

1. Pre-heat the oven to 350F or 160C. Line a 20cm (8inch) springform or loose-bottom pan with parchment paper. Set aside.
2. In a small bowl whisk together the ground chia seeds with 2 tablespoons of water, and set aside until it thickens.
3. In a medium bowl, whisk together the flours, sugar, cacao, baking powder, baking soda and salt.
4. In another medium bowl, mash the banana, then add the milk, chia gel, oil and vanilla. Mix well until smooth.
5. Add the liquid mixture to the dry ingredients and fold until no flour remains.
6. Pour into the prepared pan, spreading out the batter as it might be a little thick. Bake for around 15 minutes until a toothpick inserted into the center comes out with a few crumbs attached.
7. Let cool completely. Then turn out the cake, peel back the parchment paper, and return to the pan.

To make the ice cream:

1. Place the roasted cashews in a medium saucepan, cover with water and bring to a boil. Lower the temperature and simmer for 20 minutes. Remove from the heat, drain and set aside to cool.
2. Meanwhile, add the cornflakes to the milk, and let soak for 20 minutes. Drain the cornflakes from the milk,

squeezing out as much milk as possible. Discard the cornflakes.

3. Once the cashews have cooled, and the cereal milk is ready, place all the ice cream ingredients, except for the raspberries, into a blender or food processor. Blend until smooth.

4. The cake should have cooled by now. Before pouring the ice cream on top, gently press the cake to seal the edges as we don't want any ice cream to pour out the sides. Carefully pour the liquid ice cream on top of the cake and place in the freezer for 1 hour.

5. After 1 hour, add the raspberries spreading them out evenly and pressing them down slightly. Return the cake to the freezer for another hour, and meanwhile make the topping.

To make the topping:

1. Place the cornflake crumbs, sugar, and cacao powder in a small bowl and mix to combine. Add the coconut oil and mix through to get moist crumbs. Once the ice cream is firm but still a little soft, about 2 hours from the first time it was placed in the freezer, sprinkle the crumb mixture all over the top. Press down gently to make sure it sticks to the ice cream.

2. Return the cake to the freezer for a couple of hours or overnight.

3. To serve take it out of the freezer and let it rest for about 10 minutes. Slice and enjoy. Or take it over the top with some dark melted chocolate or dairy-free chocolate ganache. A sprinkle of freeze-dried raspberries won't hurt if you have them around.

Notes:

See intro for ingredients substitutions.

The cake will keep in the freezer for 2 months if not more.