
Tahini Nice Cream with Date Caramel

Cook Time: 0 min

prep Time: 5 min

total Time: 20 min

servings: 4

Ingredients:

Date Caramel:

3/4 cup date paste

1/4 cup tahini

1 tablespoon maple syrup

1 tablespoon coconut oil

1/8 teaspoon salt

Nice Cream:

2 cups frozen banana

3 tablespoon tahini

1-2 tablespoon coconut cream (optional)

1 shot of espresso, cooled (optional)

1/2-1 teaspoon vanilla extract

To serve:

Crumbled halwa, Pistachio or Sesame seeds

Instructions:

1. Start by making the date caramel by placing all the caramel ingredients in a blender and blend until smooth. If you don't have a blender, this also works in a food processor. Scrape down the sides as necessary then blend again. Transfer to a bowl and place in the fridge while you make the nice cream.
2. To make the nice cream, place the frozen banana chunks with the rest of the ingredients in a food processor. Process until you get a soft serve ice cream consistency.
3. In a bowl or ice cream container, alternate scoops of nice cream with spoonfuls of caramel until you are left with enough in the bowl to lick off when no one is watching. Using a knife or thin spatula, swirl the caramel into the nice cream.
4. Place in the freezer to firm up. Serve as is with crumbled halwa or a sprinkle of pistachio.

Notes:

Store in the freezer for up to 1 month. Let thaw for 5 minutes for the best consistency.