

Recipes for Non-Dairy Ice Creams

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Non-Dairy Vanilla Ice Cream

This recipe requires the use of an automatic ice cream maker. Be careful when mixing the DariFree™, as it can “explode” easily if mixed in a container with a tight lid.

16 ounces hot water

⅔ heaping cups DariFree™ powder.

Mix well, then add the following:

½ cup sugar

1 tablespoon Egg Replacer™ dry powder

1 tablespoon acceptable oil (e.g. olive or safflower)

½ teaspoon vanilla extract (use only if making vanilla ice cream)

Pinch of salt

Carefully mix hot water and DariFree™ in a blender. Add sugar, Egg Replacer™ dry powder, oil, and vanilla and blend to mix well. Transfer the liquid into a refrigerator container and refrigerate until well chilled. You could also place it in the freezer for 30 minutes or so. Once the mixture is very cold, pour it in the frozen ice cream canister and begin machine. The ice cream will get to the stage of soft custard and then it is done, which will take about 12-15 minutes depending upon your ice cream maker. Place soft custard in a plastic container and freeze. Remove ice cream about 5 minutes prior to serving so it can soften just a little, but do not leave out too long.

Rice or Soy Ice Cream

This recipe requires the use of an automatic ice cream maker.

24 to 28 ounces rice milk or soy milk

½ cup sugar or other sweetener

1 tablespoon Egg Replacer™ dry powder

1 tablespoon oil

½ teaspoon vanilla extract

Pinch of salt

Place all ingredients into a blender and mix well. Transfer to a container and store in the refrigerator until very cold, about 2 hours. You can also place in the freezer for 30 or more minutes. Once it is very cold, pour it into your automatic ice cream maker.

Flavor Variations

Try some of these variations to “spice” up your non-dairy ice cream!

Chocolate Ice Cream

Add $\frac{1}{3}$ cup chocolate syrup to the liquid ingredients. Follow above directions.

Mint Chocolate Chip

Follow above recipe deleting the vanilla and adding instead 1 teaspoon of mint extract, and several drops of green food coloring. After the ice cream is nearly done, add $\frac{1}{2}$ to $\frac{3}{4}$ cup crushed or chopped chocolate chip pieces.

Chocolate Chocolate Chip

Use base recipe omitting the vanilla extract and adding $\frac{1}{3}$ cup chocolate syrup to the mixture instead. Follow recipe instructions above adding $\frac{1}{2}$ to $\frac{3}{4}$ cup chopped or crushed chocolate chips at the end of the ice cream making session.

Gourmet Chocolate

Add $\frac{1}{3}$ cup chocolate syrup to the liquid ingredients, and in place of the vanilla extract, use 1 teaspoon of cherry extract. This will give your chocolate ice cream some pizzazz and a bit of mystery.

Raspberry

Omit vanilla extract and use 1 teaspoon of raspberry extract or flavoring instead. Add 1 cup to 1 $\frac{1}{2}$ cups of fresh or frozen raspberries and follow above directions.

Cookie Dough

Add chunks of unbaked cookie dough to your ice cream after it is a soft custard and before it is frozen in the freezer. You will use about 1 cup of cookie dough, which should be added in teaspoons to your soft custard. This is delicious!