

Caramel Pecan Nice Cream

Swick

Makes 3 cups | Active Time: 40 minutes | Total Time:

Chef's Notes

Suggested adult serving: $\frac{3}{4}$ cup

Store any leftover nice cream in an airtight container in the freezer for up to 1 week

RECIPE TIPS

Frozen Bananas: Line a baking sheet with parchment paper. Freeze bananas on prepared baking sheet for at least 2 hours.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Medjool Date: There are many varieties of fruits from date palm trees. Medjool dates are larger and sweeter than many of their cousins. Be sure to remove any pits from your dates before blending or serving.

Step 1: Make the Nice Cream

- 6 Medjool dates pitted & chopped ($\approx 3/4$ cup)
- 8 fl oz unflavored plant milk (≈ 1 cup)
- 3 bananas, sliced & frozen
- 1 teaspoon pure vanilla extract
- 3 tablespoons roasted pecans, chopped

SOAK DATES

In a saucepan over high heat, heat plant milk until it comes to a boil. Place dates in a heatproof bowl. Pour plant milk over dates. Let dates soak for 30 minutes. Drain, reserving liquid.

MAKE NICE CREAM

In a food processor (or high-powered blender), process frozen bananas, soaked dates, and vanilla until smooth and creamy, stopping processor a few times to scrape down sides. If necessary, add 1 to 2 tablespoons reserved soaking liquid to make creamy. Stir in pecans.

SERVE

For soft-serve, serve immediately; for a firmer ice cream, transfer mixture to an airtight freezer-safe container. Freeze for 1 to 2 hours.