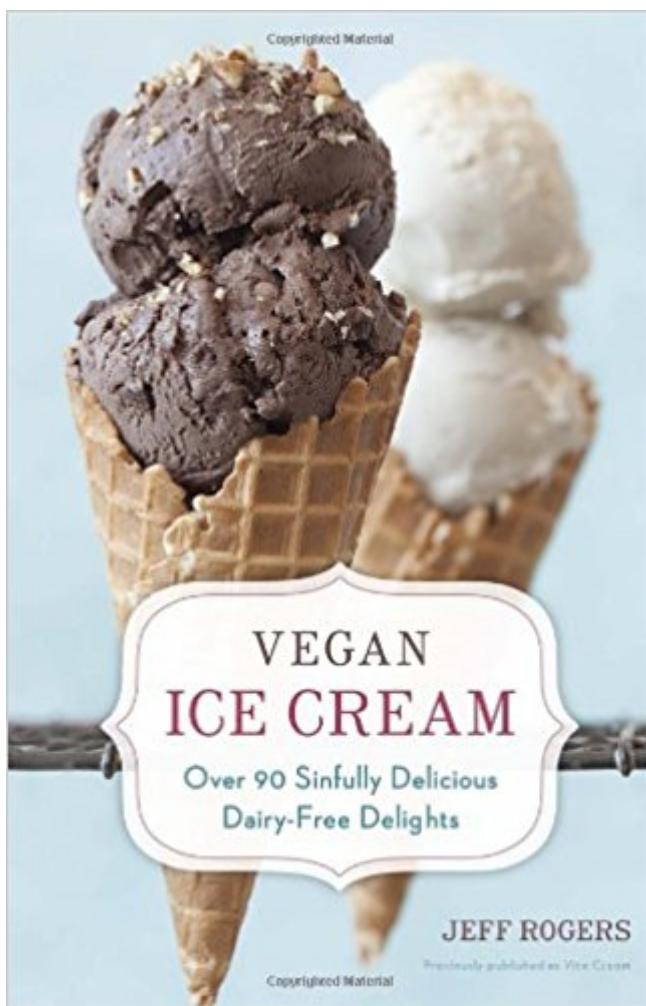


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Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights



Synopsis

This revised edition of Vice Cream features more than 90 delicious ice cream recipes using all-vegan ingredients like nuts, dates, coconut milk, maple syrup, and fruit, plus recipes for raw vegan ice creams and sauces. Whether you're vegan, lactose intolerant, or following a dairy-free diet, you don't have to miss out on one of the world's favorite desserts. Although ice cream substitutes are available, none of them achieves the richness of the real thing or offers the breadth of delicious flavors until now. Vegan Ice Cream offers decadent frozen alternatives that don't rely on milk, cream, or refined white sugar. Instead, these luscious recipes use nut milks, fresh fruit, and natural sweeteners to create simple and inventive ice cream flavors, from old favorites like Chocolate Chip and Strawberry to exotic creations such as Pecan Pie, Pomegranate, Kiwi Mandarin, Piña Colada, Chai, Peanut Butter Chocolate Chip, Gingersnap, and many more. This fully revised edition now features more than 90 recipes, including raw vegan ice creams and sauces, and full-color photography throughout. From the very first taste, you'll be astonished at just how tasty and rich vegan ice cream can be. So make room in your freezer, and never miss out on the joys of ice cream again.

Book Information

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Customer Reviews

(Full disclosure: I received a free copy of this book for review through the Blogging for Books program.) I've been vegetarian since 1996, and went vegan in the mid-aughts. Along with vegan pizza, vegan ice cream is my absolute favorite - and have tumblows dedicated to each to prove it. I

own one ice cream maker (a Cuisinart Ice-45) and covet a second one (the KitchenAid Stand Mixer & Ice Cream Maker Attachment). No fewer than five vegan ice cream cookbooks line the bookshelves in my pantry. I've been allergic to milk my entire life (technically it's galactose - milk sugar - that's the problem, but same diff), and have never been able to have "real" ice cream. Growing up as I did in the 1980s, I still remember the Dark Days of vegan processed food: when vegetarianism was fringe and my mom bought my dad's meatless links in the basement of the local Unitarian Church, and I was ecstatic to have two (TWO!) vegan ice cream options in the mainstream grocer's freezer: Rice Dream (*shudder*) and Tofutti (which will forever occupy a special place in my heart). I'm a bit of a vegan ice cream connoisseur, is what I'm saying. I purchased Jeff Rogers's *VICE CREAM* way back in 2009, but as of yet haven't tried a single recipe. For whatever reason (the abundance of cashews? the insistence on juicing everything? the multiple steps and machines required for each recipe?), none of the recipes really appealed to me. So when I spotted a new and revised edition - now called *VEGAN ICE CREAM* - on Blogging for Books, I decided to give it a try, in the hope that Rogers had tweaked his formulas. As it turns out, the updated edition contains twenty or so new recipes - along with the seventy originals - but all use the same bases found in *VICE CREAM*. Hopes, dashed.

"I always say whoever can figure out how to make ice cream healthy will be a gazillionaire." - Justin Deeley* * * * * If you attend my next Thanksgiving dinner in six months, the intermezzo between vegan courses will be a vegan cranberry ice cream that is made with bananas and dates. The recipe appears on page 76 of Jeff Roger's new "Vegan Ice Cream" cookbook. The hard cover book is a vegan work of art, and you will be enchanted by the front-cover photo of cones filled with scoops of vanilla and chocoholic delight ice creams. I first met the author of "Vegan Ice Cream," Jeff Rogers, at a raw food festival in Portland, Oregon, in 2002. Because Jeff is a proponent of a raw food diet, his book does not include ice creams made from (cooked) soymilk. A Viking's last wish is to die with a sword in his hand so that he might spend an eternity in Valhalla feasting on nature's bounty. Having tasted Jeff Rogers' Vegan ice creams, I can state with authority that his concoctions are as close as we mortals get to Eden, Elysium, and Valhalla. Jeff's iced-creams do not include body fluids from diseased animals, saturated animal fat, powerful growth hormones, or cholesterol. If you want those, but the Ben & Jerry's version. Jeff's ice creams are made from fruits, nuts, and seeds harvested from organic gardens.

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