



The New Scoop: Recipes for Dairy-Free, Vegan Ice Cream in Unusual Flavors (Plus: Recipes for Dairy-Free, Vegan Ice Cream in Unusual Flavors (Plus Some Old Favorites)

Alina Niemi

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Be the boss of your ice cream!

Learn to make dairy-free, vegan ice cream, sherbet, sorbet and frozen yogurt at home easily, with or without an ice cream machine (although a machine is recommended.) Use easy-to-find ingredients, and nondairy milks and sweeteners.

Recipes in this cookbook include standard favorites, such as **Chocolate, Vanilla, Strawberry, Mint Chocolate Chip, Mocha Almond Fudge, and Pumpkin Ice Creams**. But there are also more unusual flavors, such as **Tomato Basil and Black Sesame Ice Creams**.

There are also complete instructions for making yogurt at home, which you can then use to make frozen yogurts. And one entire chapter is dedicated to making **Mochi Ice Cream**, with step-by-step directions.

Vegans and people with allergies, lactose intolerance, or food sensitivities will find this a useful resource. Anyone looking for healthier ice cream alternatives will find lots to satisfy them.

Ice cream lovers with a sense of adventure can attempt some of the more unique ice cream flavors, such as:

- Taro Ice Cream
- Strawberry Basil Balsamic Ice Cream
- Papaya Frozen Yogurt
- Lychee No-jito Sherbet
- Chocolate Curry Ice Cream
- Cucumber Mint Frozen Yogurt
- Azuki Ice Cream
- Chocolate Lavender Ice Cream

These healthier recipes are soy, coconut, rice, and nut milk based. They contain no cholesterol and are lower in saturated fat than their dairy counterparts.

Stop paying ridiculous prices for mediocre non-dairy treats. Make your own delicious, creamy, dreamy concoctions at home with this cookbook.

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