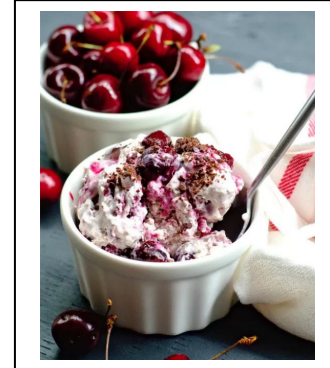


# No Churn Vegan Roasted Cherry Balsamic Ice-cream

## Ingredients

- 3 overflowing cups fresh cherries, pits still in, stems removed
- 1 tbsp high quality balsamic vinegar
- 1 cup raw cashews, soaked in water at least 4 hours, or overnight
- 1 can (14 fl.oz) full-fat coconut milk
- 2 - 3 tbsp pure maple syrup
- 1 vanilla bean with the seeds scraped out.
- ½ cup quality dark chocolate crumbled
- ½ cup of crushed macadamia nuts



## Instructions

1. Soak the raw cashews in water for at least 4 hours, or overnight. Place the can of coconut milk in the fridge to cool.
2. Pre-heat the oven to 425 F. Remove stems and wash the cherries, but leave the pits in. In an oven-proof glass or ceramic pan, roast the cherries, whole, for 15 minutes. Remove the cherries from the oven and, using two forks, prick and shred the cherries apart, removing the pits as you go. Toss the cherry pieces with the balsamic vinegar, and return to the oven for another 15 minutes, until soft. Allow the cherries to cool before making the ice cream.
3. To make the ice cream, drain the cashews from their soaking water and place into a high-speed blender. Add the chilled coconut milk, maple syrup, vanilla bean seeds and a few of the roasted cherries into the blender. Puree for a few minutes and taste. Add more maple syrup, if necessary. Puree again until completely smooth.
4. Pour the liquid into metal loaf pan. Stir in rest of cherries, macadamia nuts and dark chocolate, if using a loaf pan place the pan into the freezer. ( if you have an ice-cream freezer you can put mixture in ice- cream freezer)
5. If using a loaf pan, every 30 minutes, stir the mixture to loosen up the frozen bits. Make sure to scrape around the edge of the pan, to fully incorporate the ice cream. Repeat this 3 or 4 times, until the ice cream really starts to firm up. If you don't stir every 30 minutes you will get ice crystals forming making the ice-cream grainy.
6. You can eat the ice cream at this time, or leave it to freeze completely.

### Notes

I find the flavors start to develop over a few days, so make this mid-week to enjoy on the weekend! Remove the ice cream from the freezer at least 15 minutes before serving.