

vanilla carob ice cream bar

- by Healing Family Eats

Do remember that unrefined sugar, including in the form of dried fruit, is still sugar and should be seen as an occasional treat rather than an every day occurrence. Having said that I subscribe to the 'living a healthy life is not complete denial but a balancing act, only live that balance to the full' club. Meaning choose that treat well!

(makes 12)

for the ice cream:

- 1 (400ml) can coconut milk
- 1 medium ripe banana
- 1/4 cup coconut butter
- 4 medjool dates, pitted and chopped
- 1/4 tsp vanilla powder
- pinch sea salt

for the coating:

- 3/4 cup melted coconut oil
- 3 tbsp maple syrup
- 4 tbsp toasted carob

Put the ice cream ingredients into a blender and blend till smooth. Refrigerate for a minimum of 2 hours then put into an ice cream maker and churn as per your instruction manual.

Spoon the ice cream into a 8x8 inch tray lined on the base and sides with parchment paper, level the top with an offset spatula and put into the freezer until solid, around 3 hours.

Once the ice cream is solid make the coating. Put the coconut oil and maple syrup into a medium bowl and stir in the carob powder, adding slowly to avoid lumps. Stir until completely smooth.

Holding onto the parchment paper, pull the ice cream out of the tin and put onto a chopping board. Using a large knife, cut the ice cream into 3 strips on one side and 4 strips on other so you are cutting across the cuts giving you 12 pieces. Take two forks and dip each ice cream block into the carob sauce one at a time. Coat well and put onto a parchment lined deep tray. Cover well and return to the freezer for at least an hour to freeze solid.

Ice cream bars can be eaten directly from the freezer but I like to let them stand for 15 minutes or so, when the shell is still crispy but the ice cream within is starting to soften.

