

Roasted Fig and Cinnamon Ice Cream

by Healing Family Eats

Serves around 8

12 oz fresh Black Mission (or Brown Turkey) figs (approx 10-12), halved

1/2 tsp cinnamon

zest of 1 large navel orange

juice of 2 large navel oranges (4 fl oz)

3 tbsp maple syrup

2+1/2 cups coconut milk

small pinch of salt



Preheat the oven to 325F.

Pour the orange juice and maple syrup into a small bowl and mix together. Place the figs into a small roasting tray, cut side up. Using a fine sieve, dust the cinnamon over the figs. Now pour over the orange juice mixture and sprinkle the orange zest over the top.

Pop the tray into the oven for about 30 minutes, until the figs are softened and the surrounding juice has thickened to a light syrup.

Transfer to a shallow bowl and allow to cool completely.

When the figs and syrup are cold, purée them in a blender, together with the coconut milk. Chill for a minimum of 2 hours in the refrigerator.

Put the mixture into your ice cream machine and churn as per the manufacturer's instructions.