

Peach and Raspberry Ripple Ice Cream

by **Healing Family Eats**

Prep time: 15 minutes + chilling + churning

Cook time: 45 minutes

Serves: 6-8

ICE CREAM

4 large ripe peaches, quartered
1/2 cup orange juice (juice of 1 Navel orange)
2 tablespoons olive oil
2 tablespoons honey
2 + 1/2 cups coconut milk
1 teaspoon vanilla extract
pinch fine Himalayan pink salt

RASPBERRY RIPPLE

2 cups raspberries, fresh or frozen
1 tablespoon honey

Preheat the oven to 375F. Place a freezer-proof container into the freezer.

Mix the orange juice, olive oil and honey in a small bowl. Place the peaches cut side up into a small roasting pan and pour over the orange mixture. Bake for 30-40 minutes, basting once or twice, until the peaches have softened and the juices are syrupy. Transfer to a large plate and cool completely.

To make the raspberry ripple, put the raspberries into a medium pan with the honey and 2 tablespoons water. Bring to a simmer and cook for around 6 minutes until the raspberries have broken down. Pass through a sieve into a small bowl, pressing the berries with a wooden spoon to extract as much juice as possible. Allow to cool completely.

Put the cooled peaches into the blender, together with the coconut milk, vanilla extract and himalayan salt. Blend until smooth. Refrigerate overnight, or at least three hours.

Pour the peach mixture into an ice cream machine and churn according to the manufacturer's instructions.

Put half of the peach mixture into a freezer proof container and spread over the base. Spoon over half the raspberry mixture. Carefully spread over the remaining ice cream, followed by the remaining raspberry mixture. Use a knife to gently and briefly stir the ice cream to create a ripple effect.

Return the ice cream to the freezer until you are ready to serve.

