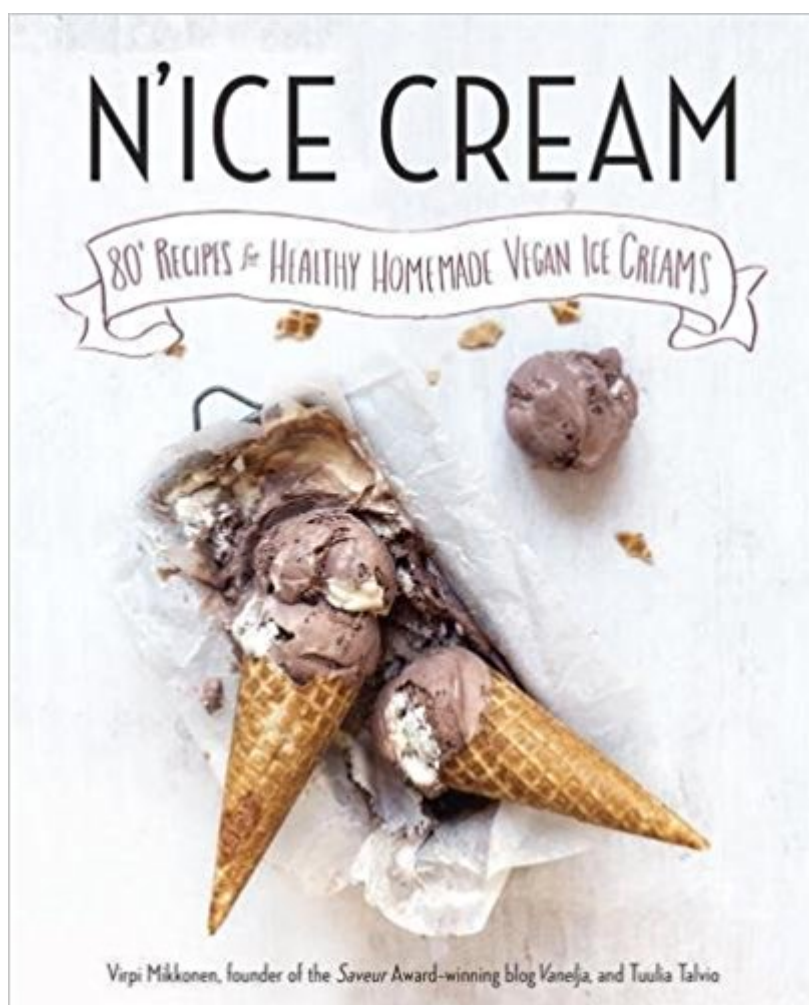


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N'ice Cream: 80+ Recipes For Healthy Homemade Vegan Ice Creams



Synopsis

From Saveur Award-winning Finnish author Virpi Mikkonen and Tuulia Talvio, a gorgeous book of decadent, easy--and healthy!--vegan ice cream recipes. Just in time to beat the summer heat, N'ice Cream offers 80 decadent and healthy ice cream recipes made from all-natural, wholesome vegan ingredients like fruits, berries, and plant-based milks and nuts--as the authors say, "no weird stuff." Get ready to have your ice cream and eat it too. Award-winning Finnish author Virpi and coauthor Tuulia show that making your own ice cream can be easy and good for you at the same time. These recipes can be made with or without an ice cream maker, and include foolproof instant ice creams that can be savored right away. As Tuulia and Virpi say, people deserve to eat goodies without feeling crappy afterwards, and now they can; all the recipes are dairy-free, gluten-free, and refined-sugar-free, and many are nut-free and raw as well. These delicious recipes include creamy ice creams, soft serves, and milkshakes; fresh sorbets and popsicles; party fare like ice cream cakes, sauces, and more. Enjoy light, summery treats like Coconut Water Coolers and Apple Avocado Mint Popsicles, or relish more decadent fare like the Dreamy Chocolate Sundae and Mint Chocolate Ice Cream Sandwiches. The book itself is gorgeously designed with mouth-watering photographs. Perfect for those who want to devour summer treats without guilt, N'ice Cream is about to make your summer a whole lot more delicious.

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Customer Reviews

"Making vegan ice cream can seem daunting, but no more, thanks to this stunning cookbook. Virpi

and Tuulia have done a wonderful job of breaking down the ingredients and methods to simplify the whole process for you. The recipes not only look delicious, but are also quite simple to make! I can't wait to dig in." —Dana Shultz, author of *Minimalist Baker* and *Everyday Cooking* and founder of MinimalistBaker.com

Virpi Mikkonen is a food blogger, food writer, recipe designer, and certified health coach (from Institute for Integrative Nutrition, New York) with a background in journalism. Virpi's blog, *Vanelja*, won Best Designed Blog at the *Saveur Awards* in 2015, and has been featured in *Honest Cooking*, *HuffingtonPost*, *Yahoo Food*, and elsewhere. Her favorite recipe in *N'ice Cream* is the *Salty Caramel Popcorn Ice cream*. Tuulia Talvio is a food blogger and certified yoga instructor. Her blog, *Tuulia*, has been featured in *Brit +Co*, *Camille Styles*, *Yahoo Food*, and *Feedfeed*. Her favorite ice cream in *N'ice Cream* is the *Coconut Sundae*.

This book is amazing! I've followed Virpi's blog for years and love the idea behind the vegan ice creams. I'm not a vegan, but I don't eat dairy. These recipes appeal to ANYONE, regardless of their dietary preferences or allergies. They're also written in a way that you can make easy substitutions if you need/want to. I made the caramel-peanut ice cream cake tonight and used almond butter and cashews instead with great success. My children have bookmarked a number of the popsicles for their own pleasure. The *Blueberry Pie Ice Pops*, *Salty Popcorn Ice Cream*, *Mango-Coconut Ice Pops*, and the *Zesty Orange Creamsicles* are on my list! The beginning of the book has very useful information on making these without an ice cream maker, which is greatly appreciated as I previously gave mine away because it was causing bad habits :) The recipes are sweetened just enough that you feel satiated but not ever sick or too-full. I also have most of the ingredients on hand for a lot of these which makes it easier than having to load the kids into the car, drive to the store, and find obscure ingredients before losing interest and buying a box of popsicles instead. (As a side note, *Trader Joe's* sells cans of coconut cream, which alleviates the need to place the full-fat coconut milk in the fridge overnight. Just keep a few of these lying around and you can have ice cream anytime the fancy strikes!!!) I don't eat dairy or refined sugar and these recipes appeal to me SOOO much. The cake I made today took me about ten/fifteen minutes tops, and that was with washing the blender out between batches. This is easy, fun, and a great way to enjoy ice cream without feeling sick or guilty. Thank you for making such a splendid book! This will likely be on my counter all summer long!

I bought this for my daughter's 13th birthday that is coming up. We are vegans and have major sweet teeth, so this book is perfect. As I tell people all the time, being vegan is not a sacrifice, it's a joy and made even more joyous when it's so easy to whip up plant based, yummy treats such as the ones in this book! The recipes are easier than I thought and I can't wait to try them out. Since my daughter feels that ice cream is a food group, I'm thinking she'll love it ;-)

This cookbook has significantly improved my family's life. I mean, we eat delicious ice cream every night now and it's not processed junk from the store loaded with sugar. Ice cream dripping down your fingers and chin is like a rite of passage for children, but with our being a health-conscious vegan family, I thought my little cherub would be destined to eat plain old boring yonanas for the rest of her life. The recipes in here are totally unique, yet surprisingly simple and the ingredient lists don't have any exotic, impossible to find items. I got the book 6 days ago and I've made 6 of the recipes and they were all incredible. The picture is of the caramel-peanut ice cream cake. It was AMAZING. However, I did need to freeze it longer than the recommended 3 hours to get the middle solid. We have also made the cinnamon bun ice cream, coconut sundae and dreamy chocolate sundae. So so soooooooo good. BUY THE BOOK!

Love the recipes included here. I love ice-cream but am eating healthy, mostly Paleo, so I can't have a lot of dairy and trying to stay away from sugar. I like these recipes and they have also given me other ideas for coming up with my own combinations.

I love these recipes. They are healthy, easy and takes very few ingredients but yet very, very tasty. You should try them over the store bought ice creams that are full of preservatives.

This book has so many good recipes in it. I have been enjoying guilt free desserts out of it at least once a week. It has also increased my confidence in preparing my own versions of n'ice cream desserts.

N'ice Cream has super-cute pics and some pre-tty ambitious recipes. However, I was kind of hoping to find vegan versions of classic, simple recipes like butter pecan, pecan pralines and cream, vanilla. There was a vanilla one, however, it used cashew nuts. I'm not allergic to cashews, BUT it would have been nice to see vanilla recipes using other ingredients, as well. I ended up making the vanilla ice cream and looked at other recipes online in order to morph mine into butter pecan. The

texture wasn't like baskin robbin's, but it was okay. I appreciate the effort. I just bought popsicle molds.... I look forward to seeing how they turn out! :)

Lots of great suggestions for healthy homemade ice cream. I would have liked to see more instant ice creams than slow fridge stirrers, but the end products are great.

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