



Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights

By Jeff Rogers

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This revised edition of *Vice Cream* features more than 90 delicious ice cream recipes using all-vegan ingredients like nuts, dates, coconut milk, maple syrup, and fruit, plus recipes for raw vegan ice creams and sauces.

Whether you're vegan, lactose intolerant, or following a dairy-free diet, you don't have to miss out on one of the world's favorite desserts. Although ice cream substitutes are available, none of them achieves the richness of the real thing or offers the breadth of delicious flavors—until now. *Vegan Ice Cream* offers decadent frozen alternatives that don't rely on milk, cream, or refined white sugar. Instead, these luscious recipes use nut milks, fresh fruit, and natural sweeteners to create simple and inventive ice cream flavors, from old favorites like Chocolate Chip and Strawberry to exotic creations such as Pecan Pie, Pomegranate, Kiwi Mandarin, Piña Colada, Chai, Peanut Butter Chocolate Chip, Gingersnap, and many more.

This fully revised edition now features more than 90 recipes, including raw vegan ice creams and sauces, and full-color photography throughout. From the very first taste, you'll be astonished at just how tasty and rich vegan ice cream can be. So make room in your freezer, and never miss out on the joys of ice cream again.

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Editorial Review

Review

“Thanks to Jeff Rogers, you can make your own gourmet frozen desserts without dairy products. And they’ll taste better than Ben & Jerry’s or Baskin-Robbins ever did!”

— John Robbins, author of *Diet for a New America*

“Sinfully sumptuous, fun to make, and all vegan! That’s one improvement in ice cream that is long overdue.”

— Dr. Neal Barnard, author of *Power Foods for the Brain*

About the Author

JEFF ROGERS grew up in Stowe, Vermont, where he became interested in food and tourism. After working at a popular restaurant, he moved to New Hampshire to study hotel and restaurant management at college. While pursuing a career in hotels, he honed his skills in the kitchen by experimenting and creating recipes of his own.

Adapting his diet to improve his health, he eventually became a vegan, eschewing all animal products. But he still craved the premium dairy ice creams he once ate and so used his kitchen gifts to experiment with creating a rich, gourmet vegan ice cream. As he became interested in the raw food movement, he also began to make ice creams with all raw ingredients.

Soon after beginning his vegan ice cream venture, Jeff began sharing his desserts with friends. A physician friend noted that in a world where people are trying to eat low-fat foods and fewer sweets, it was naughty of Jeff to create these decadent desserts, vegan or not. Thus, he was dubbed “The Naughty Vegan” and has used the nickname ever since.

Jeff has volunteered for and done pro bono work for animal rights, vegan, and raw food groups, including People for the Ethical Treatment of Animal (PETA), Northwest Animal Rights Network (NARN), Farm Sanctuary, the Gentle Barn, Raw Network of Washington, and EarthSave. Jeff has been a speaker at International Raw & Living Foods Festivals (Portland, Oregon), Raw & Living Spirit Retreats (Molalla, Oregon), Taste of Health Festivals (Vancouver, British Columbia, and New York City), Portland VegFest (Oregon), Vegetarian Summerfest (Pennsylvania), and the Toronto Vegetarian Food Festival.

Jeff has exhibited at WorldFest (Los Angeles) many times, as well as at Animal Rights National Conference 2007 (Los Angeles). He also had a booth at the 2001 PETA Gala in New York City and was a volunteer for Chef Tal Ronnen and others at the 2005 PETA 25th Anniversary Gala in Los Angeles.

PETA awarded Jeff a Proggy Award for the “Best Dessert Cookbook” for *Vice Creamin* 2004.

You can learn more about Jeff and his ice cream by visiting his website, TheNaughtyVegan.com. You’ll also find information on equipment (like how to choose an ice cream maker) and gadgets on this site.

Jeff actively promotes the awareness of the benefits of a plant-based diet so that people may make informed choices regarding their diet and health. Jeff has started a variety of projects, such as the SoyStache and Drumming Instead projects, as well as Jeff’s Buttons, and has created and maintains many websites. Jeff has been an avid photographer since high school and writes poetry. See his photography and learn more about

his other projects at JeffRogers.us.

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Introduction

In my younger years, I consumed a lot of ice cream and favored the rich flavors of Ben & Jerry's, whose factory happened to be in the neighboring town. Over the years, I experimented with my diet and discovered the effect of foods on my overall health. While moving toward a plant-based diet, I reduced (and later eliminated) my migraine headaches, and my high blood pressure returned to normal. I also had far fewer colds and fewer instances of the flu. Their severity and duration were also much less. After I discovered the benefits of a vegan diet, I found that the vegan "ice creams" on the market were simply not satisfying; they were not rich enough for me, and I did not enjoy the aftertaste.

Since there are many people who cannot eat dairy and many more who choose not to for ethical, environmental, and health reasons, I wanted to create a wonderful ice cream alternative. For those who were already vegans, this would add a new dessert to their diets. For others, it would allow them to give up the dairy they had been wanting to do without.

I thought that there must be a way of making a rich, flavorful vegan ice cream that would easily satisfy the expectations I had developed when I ate dairy. Having used cashew milk to replace cow's milk and cream in other recipes, I realized that was how I should make my homemade vegan ice cream. In 1999, I moved to Seattle, purchased an ice cream maker, and began experimenting with vegan ice creams. The results were as rich as I wanted them to be. A luscious, homemade vegan ice cream was finally born!

I began sharing these ice creams at local EarthSave potlucks and at other EarthSave chapters in cities like Vancouver, Canada; Portland, Oregon; and San Diego, California, as well as at WorldFest in Los Angeles. I soon had many people asking for my recipes or for the ice cream itself. Over time, I've traveled to many vegan, raw, and health food shows to demonstrate how delicious vegan ice cream can be and how easy it is to make. Sharing this healthful alternative to dairy ice cream has become part of my life's work. In the years since I first started making vegan ice creams, veganism has become much more popular. Vegan products have become more available in stores and online, plus vegan options at restaurants have greatly increased.

I soon realized that I'd rather distribute my recipes widely than produce vegan ice cream commercially, because using organic cashews, the base for many of the recipes, is rather expensive, and allowing people to make vegan ice cream themselves would make it more affordable. I believe that these recipes will make a difference in people's lives.

I certainly hope they succeed in doing so.

This bright and fresh flavor wakes up the taste buds and instantly calls to mind childhood mornings drinking Concord grape juice along with breakfast. The creamy texture and flavor of cashews provides a subtle backdrop to the fruity burst of grape.

Concord Grape

Makes about 1 quart

2-1/4 pounds organic Concord grapes

1 cup raw organic cashews or cashew pieces
1/2 cup packed organic pitted honey dates

Run the grapes through a juicer to make 3 cups juice.

Combine the grape juice and cashews in a blender. Blend until smooth. With the motor running, gradually add the dates and blend on high until silky smooth, at least 1 minute.

Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or up to overnight, until well chilled. Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions. Serve immediately or transfer to airtight containers and store in the freezer until ready to serve.

Users Review

From reader reviews:

John Malcolm:

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite book and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights. Try to make the book Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights as your good friend. It means that it can for being your friend when you feel alone and beside associated with course make you smarter than ever before. Yeah, it is very fortuned for you personally. The book makes you a lot more confidence because you can know almost everything by the book. So , we should make new experience and knowledge with this book.

Patricia Mattox:

Reading can called head hangout, why? Because if you are reading a book especially book entitled Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights your thoughts will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will become your mind friends. Imaging each and every word written in a book then become one type conclusion and explanation which maybe you never get previous to. The Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights giving you a different experience more than blown away your mind but also giving you useful facts for your better life on this era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

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Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights can be one of your beginner books that are good idea. We recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to put every word into pleasure arrangement in writing Vegan Ice Cream: Over

90 Sinfully Delicious Dairy-Free Delights yet doesn't forget the main level, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information could draw you into brand new stage of crucial considering.

Marylou Standley:

This Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights is brand-new way for you who has fascination to look for some information as it relief your hunger details. Getting deeper you onto it getting knowledge more you know or you who still having little bit of digest in reading this Vegan Ice Cream: Over 90 Sinfully Delicious Dairy-Free Delights can be the light food in your case because the information inside this specific book is easy to get by anyone. These books acquire itself in the form which is reachable by anyone, that's why I mean in the e-book form. People who think that in book form make them feel tired even dizzy this publication is the answer. So you cannot find any in reading a e-book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss that! Just read this e-book type for your better life in addition to knowledge.

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