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Vegan and Gluten Free

# ELDERBERRY ICE CREAM CAKE

## INGREDIENTS:

### Crust:

3/4 cups almonds  
3/4 cups pistachios  
1/4 cup coconut oil (melted)  
1 tbs. honey  
1/2 tsp. sea salt

### Ice Cream:

3 cans coconut milk (full fat)  
1/3 cup honey  
1/3 cup elderberry syrup\*  
2 tsp. vanilla extract



\*Elderberry Syrup: Place 1 cup of fresh berries (1/2 cup if dried) in a pot with 3 cups of water. Bring to a boil, reduce heat and simmer for 30 minutes. Blend berries and water directly in the pot with immersion blender. Strain. When strained liquid has cooled combine with 3/4 cup of honey and store in the refrigerator.

## DIRECTIONS:

1. Let coconut milk cans sit in refrigerator overnight
2. Before assembling ingredients, line a spring-form pan with parchment paper. Also place whisk (from electric mixer) and mixing bowl in freezer until use.
3. To make crust: In a food processor blend all crust ingredients. Press into the bottom of lined spring-form pan and place in freezer until ice cream is ready.
4. To make ice cream: Remove coconut milk cans from the fridge. Scoop out the fluffy, hardened milk on top (leaving liquid behind) and whip it with chilled whisk in chilled bowl until thick and fluffy (1-2 minutes). Add honey, elderberry syrup, vanilla and whip to combine.
5. Pour ice cream mixture over your chilled crust, cover and freeze over night.

Garnish with your favorite dark berries, nuts, thyme and (if they're in season) fresh figs!