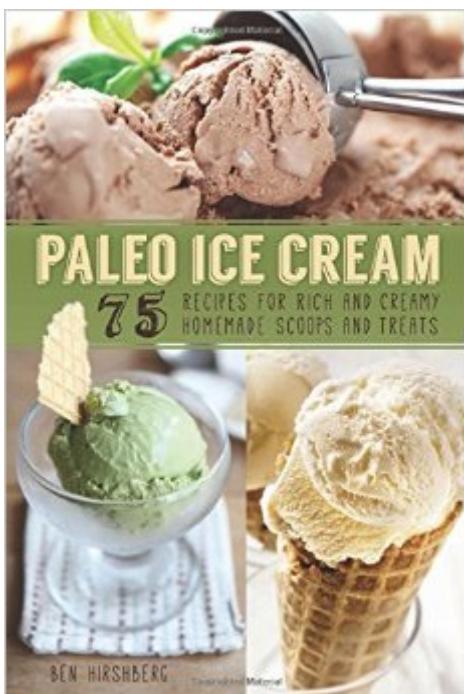


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# Paleo Ice Cream: 75 Recipes For Rich And Creamy Homemade Scoops And Treats



## Synopsis

COLD & SWEET & CREAMY & PALEO Indulge yourself without giving up that healthy paleo lifestyle. With the delicious, dairy-free ice cream recipes in this book, you can delve into all your favorite flavors. Recipes range from the classics to the more sophisticated palate-pleasers, including: Chocolate & Mint Chip & Cookie Dough & Banana Walnut & Strawberry Cheesecake & Salted Caramel & Cherry Vanilla & Chai Tea & Coconut Chocolate & Kahlúa Almond Fudge & Mango Sorbet & Carrot Cake

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## Customer Reviews

Not only will you find a treasure trove of great ice cream ideas in this book, you'll also learn the basics of eating Paleo. Ben has included a handy list of typical Paleo ingredients, how to swap those out for more-mainstream ingredients, and tips to keep in mind when shopping for Paleo-friendly (and Primal-friendly) ingredients. He creates his ice cream recipes on three main "bases," so to speak, all of which sound divine: whole coconut milk, bananas, and cashew butter. From there, he launches into an inspired catalog of flavors ranging from Chai Tea to Kahlúa Almond Fudge. Move over, Baskin Robbins! Most of Ben's recipes also include egg yolks, but if you'd prefer to make vegan ice cream, you'll find recipes for that, too. Gluten-free folks will appreciate the fact that Ben's brownies and cookies and cones rely on nut flours and not wheat. The "Homemade Toppings & More" chapter is my favorite part of the book, actually--that's where you'll find lots of mix

'n' match recipes you can use in the ice cream recipes or simply enjoy all on their own. Coconut whipped cream, anyone? Sounds good to me!

I'm not an expert on the paleo diet, but I am very interested in the general concept and a good portion of what I eat could be considered paleo. My main concern though, is that it's delicious! Since I don't eat regular ice cream, I'm always looking for healthy alternatives so that I don't feel deprived. I was excited to see all of the delicious varieties of dairy free frozen desserts in Paleo Ice Cream, like Strawberry Cheesecake and Butter Pecan. Mmmm! Most of the recipes use coconut milk and are sweetened with honey, both of which I always have on hand. I do have a Cuisinart ice cream maker, which made it very easy to make. My daughter mixed up the ingredients for the simple chocolate ice cream the night before and added it to the ice cream maker the next day and it was done in about fifteen minutes. I was really excited to be able to enjoy smooth and creamy ice cream for the first time in a long time! I love the slight coconut flavor, which I think paired perfectly with the chocolate. Another favorite of mine is the Quick and Dirty Banana Pumpkin Pie Ice Cream, which only has two ingredients (banana and pumpkin!), plus spices. That's my kind of dessert! There's also frozen custard style recipes that include egg yolks and that's the next thing I need to try. The fruity sorbets sound fantastic, too. I loved the healthy homemade toppings, like no-flour cashew butter brownies, sunflower seed butter sauce and homemade magic shell! I'm sure it will become a regular in my cookbook collection!

This is a well-written and fun resource for all kinds of delicious recipes. The author is obviously in love with this product, and that enthusiasm is contagious. As I read the book, I began dreaming of devouring the ice cream described. There are three types of recipes covered: traditional, banana, and cashew. Depending on which recipe you use, there are a lot of different variations of ingredients possible. You can substitute different ice cream bases, change sweeteners, and modify the consistency. The author provides a complete list of ingredients, right at the start of the book, so you know what kinds of products to get. He also lists all the tools needed: An ice cream machine, blender, food processor, strainer, etc. Each recipe includes an overview of the recipe, the yield, and specific, step-by-step instructions. The author does a little bit of contortions to explain how the term 'Paleo' matches ice cream, but it's all in good fun. It's true, Mr Hirshberg explains, the cavemen didn't really eat ice cream, but these recipes all use healthy, nourishing ingredients, so it's sort of the same thing. All in all, a fun book, full of great recipes. Well-written and pleasant to read.

## Recommend!

I received this book a while ago and put it aside until the now-coming warmer weather. 'Paleo Ice Cream' by Ben Hirshberg is a welcome addition to my Paleo/Primal library and will be well-used this summer. The book opens with an enthusing table of contents and then goes into helpful lists of substitutions for ice cream bases and sweeteners, how to change the consistency and sections on ingredients and tools. These laid the groundwork and inspired my creativity for what is a simple and fun process to easily put together lots of cool treats. Anticipating some kid-friendly kitchen activities too. While the only photos are on the book cover, the font style, size and page arrangement are excellent...easy on the eye. Recipe instructions are numbered and only occasionally go beyond five steps. These considerations will be much appreciated when working with a pint-sized sous chef - or should I say 'soda jerk'? Recipes include regular "classic" ice cream flavors as well as frozen drinks, sorbets, custards, vegan options and even toppings and other add-ons. One section of 'Adventurous Flavors' sounds a bit outlandish but maybe I will give it a try one day -- Cayenne Chocolate, Goat Cheese, Cucumber Mint, Maple Chocolate Bacon, Chocolate Stout...!?! Using everyday whole foods whips up a healthy dessert to feel great about! Just now I was looking at a pile of over-ripening bananas sitting on my kitchen counter and after a quick look in the book, I am ready to put them to good use in one or two of the ice creams that call for them.

This book has all the bases covered. No ice cream maker? There are instructions for making the recipes with and without a machine. Can't have eggs? There are vegan and sorbet recipes. Can't have nuts? This book has nut free recipes too. It also has banana free recipes for those who don't want a banana based ice cream. Need some inspiration for toppings and add-ins? There are recipes for sauces, toppings, cookie dough, brownies and even sugar cones. With flavor options like Chai Tea, White Russian, Egg Nog, Pumpkin Pie, and so many more, you just might find a new favorite.

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