

Blueberry Aquafaba Ice Cream

Ingredients

- 1 ¼ cup fresh or frozen blueberries
- ½ cup oat milk
- Juice from ½ lemon
- ½ cup aquafaba (the liquid from one 14 oz. can of chickpeas)
- 1 tsp. vanilla extract
- ½ cup granulated sugar

Steps

1. Add the blueberries and oat milk to a small saucepan. Heat on medium, stirring occasionally, as the oat milk simmers and the blueberry softens. Once the blueberries are cooked enough to be easily smashed, add the lemon juice to the mixture. For a smoother texture, blend the oat milk and blueberries together. For an ice cream with larger bits of blueberry, you can just use a silicone spatula or fork to roughly smash the blueberries. Set aside, and let cool to room temperature.
2. Once the blueberries are cooler, you can start on the aquafaba portion. Add the aquafaba to a stand mixer, and using a balloon attachment, set the mixer on a high speed. After several minutes, the aquafaba should be white, thick, and silky and forming stiff peaks. Add the vanilla and sugar, about a tablespoon at a time as it's mixing.
3. To combine the aquafaba and the blueberries, you're going to want to fold the blueberry mixture into the aquafaba. Scrape the sides of the bowl, and fold over, doing this as little as possible to incorporate the two. Don't mix, as this is going to deflate the aquafaba more. Transfer the combined aquafaba and blueberries into a large container with a lid, and place in the freezer overnight. Scoop, and enjoy!

