

Garden Mint Cookie Crumble Ice Cream

Ingredients

- 2 cups fresh mint, gently packed
- ½ cup soymilk (oat milk also works well, but has more of a flavor)
- 1 can of chickpeas (liquid only)
- ½ cup granulated sugar
- ½ tsp. vanilla extract
- 10 store-bought chocolate sandwich cookies

Steps

1. Heat the soymilk in a small saucepan until it starts to steam. Take off the heat, and add the mint, and press the leaves down so as much of them as possible are submerged in the liquid. Let steep until it has reached room temperature, then add the milk and mint to a blender and blend well. Use a cheese cloth or a fine metal strainer to remove and discard the pieces of mint, and reserve the minty liquid.

2. Drain the chickpeas, reserving the liquid. Use the chickpeas in another recipe, and add the liquid to a stand mixer. Use a balloon whisk to beat on high, until stiff peaks have formed- this will take several minutes. Add the sugar and vanilla, and whisk for a while longer until it is smooth and no longer grainy.

3. While the aquafaba whips, remove the centers from the sandwich cookies. Put the chocolate shells in a sandwich bag, and use a rolling pin to lightly smash. You don't want to totally crush the cookies, just break them into smaller pieces.

4. Once the aquafaba and sugar have integrated, take the bowl out of the stand mixer. Use a silicone spatula to gently fold the minty tea and the cookie pieces into the aquafaba, being careful to keep as much air in the aquafaba as possible. Transfer the mixture to a container, and move it to the freezer overnight to set.

