

Mojito Mint Chip Ice Cream

2 cups coconut milk*
2 cups fresh mint leaves
1 teaspoon arrowroot
1/3 cup sugar
Pinch of salt
3 teaspoons fresh lime juice
2 tablespoons light colored rum (optional)
About 12 mint leaves
1/3 cup Enjoy Life Chocolate Chips

Wash, dry and coarsely chop the mint leaves.

Heat the coconut milk in a heavy bottomed saucepan over medium heat until it's hot. It does not need to reach a simmer.

Take the pan off the heat and add the mint leaves. Stir to assure the mint is fully immersed in the milk. Cover the pot and let stand for about an hour.

Pour the infused milk through a sieve into a ceramic or glass bowl. Press the mint leaves to release all the milk and discard the mint leaves.

Return the mint infused milk to the saucepan. Whisk the salt, sugar, and arrowroot into the mixture. Bring to a simmer over medium heat whisking frequently taking care not to burn the milk. Add the lime juice and if you're including the rum, add it now. Turn down the heat and stir for a minute or so to let the liquid thicken slightly.

Take the pan off the burner and let it cool. Transfer to a glass or ceramic bowl and refrigerate for a few hours until it's cold.

Pour the cold mixture into your blender, add the 12 mint leaves and blend a minute or so until the mint leaves have been reduced to flecks.

Freeze according to your ice cream maker's directions. (Mine took about 20 minutes to freeze.) Just as the ice cream starts to thicken add the chocolate chips.

Place the ice cream in a container and then into the freezer. It will get very hard so let it defrost about 5 minutes on the counter before you serve it.

*Use a better grade of coconut milk--not coconut cream or light coconut milk.

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