

## **Oatmeal Ice Cream with Maple Rum Raisin Sauce**

Inspired by Bruce Weinstein's Oatmeal Ice Cream

### **Oatmeal Ice Cream**

Combine in a medium saucepan and bring just to a boil:

1 ¼ cups unsweetened hemp milk

Carefully add to the milk:

1/3 cup GF rolled oats

¼ teaspoon salt

¼ teaspoon cinnamon

Pinch of nutmeg

½ teaspoon vanilla

Reduce to a simmer and cook, stirring constantly, until the oatmeal is thick and creamy—about 10 minutes.

Meanwhile combine in a mixing bowl:

1/3 cup sugar

1 tablespoon brown sugar

1 teaspoon arrowroot or corn flour

Slowly add the dry ingredients to the hot oatmeal mixing until the sugar is dissolved.

Allow the mixture to cool a few minutes and stir in:

1 ¼ cups coconut milk, full fat

Chill in the refrigerator in a covered glass or ceramic bowl overnight or long enough (maybe 4-6 hours) for it to become very cold.

Stir the chilled mixture, and if desired add about ¼ cup golden raisins. Process in your ice cream maker according to the manufacturer's instructions.

This recipe makes about a pint and half of ice cream.

### **Rum Raisin Sauce**

Place equal parts maple syrup and dark rum--4 ounces each--in a small saucepan. (Makes enough for about four servings.)

Add about 1/3 cup golden raisins.

Bring to a simmer over medium heat stirring constantly until the sauce reduces by half.

Cool until just warm and pour over the cold ice cream.

If the sauce has reduced too much (meaning it's too thick) you can stir in additional rum, a teaspoon at a time, until the desired consistency is reached. Of course this is not a sauce for the kidlets!