

Pumpkin Ice Cream

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Makes: 1 pint

Ingredients:

1 can coconut milk (16 oz)
3 egg yolks
1/2 cup pureed pure pumpkin
1/4 cup pure maple syrup
1 tsp vanilla extract
1/2 tbsp pumpkin pie spice

Preparation:

Combine all ingredients in a sauce pan.

Bring to a low boil while whisking.

Remove from heat and let cool.

Strain mixture into a medium mixing bowl, and cover with plastic wrap.

Chill mixture in refrigerator for 2 hours.

Place mixture in an ice cream maker, and run until the desired consistency is reached. If you don't have an ice cream maker, place mixture in freezer and stir every 1/2 hour to prevent ice cream from hardening.

Serve with sprinkled cinnamon and chopped pecans.