

# CREAMY PUMPKIN PIE ICE CREAM

Vegan and Gluten Free



## INGREDIENTS

3 cups cooked (fresh) Japanese sweet potato, peeled  
1 cup So Delicious Original Creamer  
1 cup canned organic pumpkin  
¼ cup yacon syrup  
3-4Tbs. Somersweet  
1 vanilla bean (or alcohol-free vanilla extract to taste)  
1 ½ tsp pumpkin pie spice

To cook the Japanese sweet potato steam them until softened (mine took 30 minutes) and then bake them at 400-425 degrees Fahrenheit for 20-30 minutes. I learned this technique from my Chinese in-laws and it makes sweet potatoes and yams soooooo sweet and creamy. It is my experience that when a sweet potato or yam is only steamed they have a slightly watery texture. Baking the sweet potatoes after steaming them makes them creamy every time.

Place all of the ingredients into your high speed blender and blend until very smooth. I blended mine long enough that the mixture was warm. Although I have not tried it, I am sure it would work ok in a food processor as well (make sure you periodically scrape down the sides).

Pour the mixture into your ice cream maker and follow the manufacturer's instructions. You may decide to cool the mixture in the fridge first; I poured it straight in to my ice cream maker.

<http://veggiegrettie.com/2011/10/10/creamy-pumpkin-pie-ice-cream/>