Raw Vegan Raspberry Ice Cream
¾ c raw cashews, soaked overnight
1 can organic (BPA free can) full fat coconut milk
3 T goji berries, soaked overnight
1 T lemon juice
2 scoops stevia or 1/4 c raw honey
3 c packed fresh raspberries
¼-1/2 c water or coconut water to blend
-Add all ingredients to a high-speed blender and blend on high until very smooth.
-Transfer to an ice cream maker and process for 20-25 minutes until frozen. (Alternatively you can just place in a container and set in freezer, stirring every 30 minutes until firm.)
-Top with goji berries, fresh raspberries, cacao paste, hot fudge, coco whip or bee pollen.

The Creamiest Raw Vegan Coconut-Vanilla Bean Ice Cream
1 c raw cashews, soaked overnight
meat from 1 young thai coconut (optional to use 1 can organic full-fat coconut milk in its place)
¼-1/2 c coconut water from a young thai coconut to blend
½ c raw honey (pure maple syrup or agave also work here)
¼ t vanilla bean powder or seeds from ½ vanilla bean
1 T vanilla extract (optional if you like extra vanilla)
¼ t sea salt
3 T coconut oil
-Follow same directions for raspberry ice cream.
-Optional: 1 t coconut extract for extra flavor! Or, add in cacao chips in the last minute of churning for chocolate chip ice cream. Could add in coconut chunks, ½ T spirulina + 8 drops peppermint essential oil & cacao chips for mint chocolate chip, vegan caramel swirls, lavender, dried fruit, cinnamon, ginger, orange, pistachio etc… get creative! You can also add fresh fruit to the blender for a fruity ice cream or cacao powder for chocolate ice cream.
Nutt-Free Raw Vegan Chocolate Ice Cream (fruit sweetened only)

½ c soft dates, soaked overnight
1/2 c ripe avocado
1 large ripe banana
½ c full fat coconut milk or meat from a young thai coconut
3 T raw cacao powder
*optional 3-4 T raw organic peanut butter
-Follow the same directions for other ice creams above.

Peach Frozen Yogurt (nut-free)

4 ripe peaches
2 c organic (thick) unsweetened yogurt of choice (cows, goats, sheeps, coconut, etc.)
1/3 c raw honey
½ c coconut butter (optional-you can just add more yogurt too, or add some nut butter for a yummy creamy texture- I like cashew)
-in a high-speed blender, puree everything until very smooth.
-pour into an ice cream maker and process until frozen. Option to add fresh chopped peach chunks last few minutes of churning, yum!

Melon Sorbet

2 c honeydew melon
1-2 T raw honey
1 T coconut nectar
1 t lime juice
-blend until smooth & process in an ice cream maker

Raw Vegan Date Hot Fudge

1 can full-fat organic coconut milk
6 T cacao powder
½ c packed pitted dates (note: if your dates are hard, soak them overnight so they will blend until smooth)
¼ t vanilla bean powder
pinch of sea salt
-Blend all ingredients until very smooth in a high-speed blender. Your blender should warm it up a bit but if you want it super hot, transfer to a sauce pan and heat it slowly on the stove after blending.

**Raw Vegan Caramel Sauce (2 ways)**

**THICK CARAMEL:**

1 c medjool dates, pitted & soaked overnight if they are hard  
¼ c almond milk  
1 T almond butter  
sea salt to taste  
-add all ingredients to a high-speed blender or food processor and blend until thick and creamy

**RUNNY CARAMEL:**

½ c organic (high quality!) agave nectar, brown rice syrup or coconut nectar  
½ c pure maple syrup (grade B)  
¼ c coconut butter  
-Place all ingredients in a small saucepan and heat *slowly on a very low temperature (to maintain raw qualities), whisking constantly until melted. Serve hot over ice cream! Optional: add a pinch of sea salt for salted caramel.

**Raw Vegan Coconut Whipped Cream**

cream from the top of 1 can of full-fat coconut milk (set your can in the fridge overnight to make sure all the cream rises to the top & hardens)  
1-2 T raw honey or 1 scoop of stevia (adjust sweetener to your liking. If I am serving this over an already super sweet dessert, I will do less sweetener in the cream)  
a pinch of vanilla bean powder or ½ t extract  
*option to make your whipping cream firm up even more: add 1-2 T melted coconut butter or oil  
-Add everything to a bowl and use an electric whisk to whip it up until light and fluffy.

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