



Lemon Chickpea Nice Cream

This vegan ice cream is so creamy, sweet and tart, you'll wonder why you didn't double the quantities.

Ingredients

85g Chickpeas – rinsed and drained
250ml Whipping Oat Cream – I use Oatly
70g Agave Syrup
1 Lemon - Juice & Zest
Tiny pinch salt
1 Tbsp Vanilla Extract



Method:

Add all ingredients to a High-Speed Blender.

Blend on high for 5 minutes until smooth.

Pour into an ice cream maker, then churn for 25 - 30 minutes.

Alternatively, pour into a container and place a sheet of baking paper on top to prevent ice crystals, then cover and freeze for 8 – 10 hours.

Serve with a sprinkle of lemon zest or drizzle of maple syrup.