

Nettle & Ginger Ice Cream - A Cool Herbal Twist on a Summer Favorite

Nettle & Ginger Ice Cream: Herbal, Creamy, and Surprisingly Delicious



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15 min

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INGREDIENTS

3-4 green apples, loosely chopped
1/3 cup coconut milk or cream
2 tbsp coconut cream powder
1 tbsp dried nettles, finely ground and sifted
1 tsp vanilla extract
4 tbsp maple syrup (or honey/sweetener of your choice)
1-2 tsp grated ginger root
Pinch of salt
Liquid chlorophyll or natural green food coloring (optional)

Ingredient Tips & Swaps:

Nettles: Use dried nettles only-never raw-and grind them finely.

Sweeteners: Maple syrup is great, but agave or monk fruit also work.

Coconut Cream Powder: Adds richness. You can sub with extra coconut milk or omit for a lighter base.

Add More Herbs: Try a hint of mint or basil for a cool garden twist.

No Food Coloring? Skip it-this ice cream has plenty of green charm on its own.

DIRECTIONS

- 1. Blend It Up:** Add all ingredients except the dried nettles to a blender.
- 2. Prepare the Nettles:** In a clean spice or coffee grinder, pulse the dried nettles into a fine powder.Sift the powder into the blender using a fine mesh sieve. Discard large bits.
- 3. Blend Until Smooth:** Blend all ingredients on high until the mixture is silky and well combined.
- 4. Freeze:** With an ice cream maker: Pour the mixture in and churn until frozen and creamy.Without an ice cream maker: Pour into a container and freeze, stirring every 15 minutes until scoopable.

TIPS FOR SUCCESS

Chop Apples Finely: Smaller pieces blend more smoothly.

Taste Before Freezing: Adjust sweetness or ginger to your liking.

Chill the Base: Letting the mixture chill before freezing gives a smoother texture.

Serve Fresh: Best enjoyed the day it's made for peak creaminess.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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