

The book was found

Icy, Creamy, Healthy, Sweet: 75 Recipes For Dairy-Free Ice Cream, Fruit-Forward Ice Pops, Frozen Yogurt, Granitas, Slushies, Shakes, And More



Synopsis

Sweet and healthy frozen desserts, from ice pops, shaved ice, and granitas to frozen yogurt, sorbet, and dairy-free ice creamâ”from the co-author of Little Bites. When the days turn hot, or when you're looking for that perfectly refreshing and light dessert or snack, ice pops are a natural, as are slushies, granitas, frozen yogurt, ice cream, shakes, floats, and more. In *Icy, Creamy, Healthy*, Sweet author Christine Chitnis has you covered. With 75 recipes for a full range of frozen sweets, you'll find healthy treats that use fresh fruits, vegetables, and herbs, that are free of refined sugars, and that include vegan and dairy-free options. The results are flavorful, unique, refreshing, and healthyâ”making the whole experience a little sweeter.

Book Information

Hardcover: 224 pages

Publisher: Roost Books (April 5, 2016)

Language: English

ISBN-10: 161180289X

ISBN-13: 978-1611802894

Product Dimensions: 7.1 x 0.8 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ” See all reviewsÂ” (18 customer reviews)

Best Sellers Rank: #374,977 in Books (See Top 100 in Books) #86 inÂ” Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts #566 inÂ” Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #615 inÂ” Books > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

View larger Ingredients 2 cups plain whole milk yogurt 1/3 cup honey 1/2 teaspoon pure vanilla extract 1/4 teaspoon salt 2 cups fruit of your choice (such as blueberries, strawberries, cherries, raspberries, chopped peaches) Frozen Yogurt Bark Makes 10 To 15 Pieces Of Bark

This bark is a take on traditional chocolate bark, and it works perfectly as a fun-size frozen treat. The yogurt base is simpleâ”plain whole milk yogurt sweetened with a bit of honey and a dash of vanilla extractâ”and from there this recipe is open for experimentation. You can simply throw in a couple cups of berries or chopped peaches, or you can get fancy, combining fruits, even adding nuts, chocolate chips, or seeds for crunch. Just be sure the mixture is spreadableâ”thatâ”s the key! Instructions 1. In a large bowl, whisk together the yogurt, honey, vanilla, and salt. 2. If the fruit youâ”re using is large and has pits or stems (such as

strawberries, cherries, or peaches), prepare the fruit by pitting/hulling/peeling and roughly chopping it. Raspberries and blueberries can be used whole. Gently stir the fruit into the yogurt mixture until just combined. 3. Pour the yogurt onto a baking sheet lined with parchment paper, using a spatula to spread it out smoothly and evenly. Give the fruit a bit of a press with the spatula to even out the surface. Freeze the baking sheet overnight and, when ready to serve, cut or break the sheet of yogurt into pieces. Store the yogurt bark in a lidded freezer-safe glass container with the layers of bark separated by parchment paper in the freezer for up to 2 weeks.

View larger Blueberry Lemonade Snow Cones Makes 1 cup syrup Plump, sweet blueberries pair with tart lemonade in this refreshing syrup perfect for drizzling over shaved ice. First a blueberry sauce is made by simmering down berries with a dollop of honey; once strained, the rich blue liquid is added to freshly squeezed lemonade for a refreshing sweet-sour combination. Instructions 1. In a small bowl, whisk together 1 tablespoon of the water and the arrowroot starch until dissolved. Set aside. 2. In a small saucepan, combine the blueberries, the remaining 1 tablespoon water, and the honey. Place over medium-low heat, bring to a simmer, and cook until the berries begin to soften and release their liquid, 5 to 7 minutes. Add the arrowroot slurry to the pan and stir to incorporate. Remove from the heat and allow to cool and thicken. Strain the syrup through a fine-mesh sieve into a bowl, pressing on the solids to make sure you extract all the berry juice. Compost the solids. Add the lemon juice to the syrup and stir. 3. Using a shaved ice machine, a hand ice shaver, or a blender, prepare your shaved ice. 4. For serving, add about 2 heaping cups of shaved ice to a small cup or paper cone and drizzle the syrup over the ice just enough to color it but not enough to melt the ice, about 1/3 cup. Note the juice is quite strong on its own but works perfectly when drizzled over shaved ice. 5. Store the syrup in a glass bottle with a tight-fitting top. It will keep for up to 2 weeks in the refrigerator. Ingredients 2 tablespoons water, divided 1 teaspoon arrowroot starch 2 cups blueberries 2 tablespoons honey 2/3 cup freshly squeezed lemon juice (from 3 to 4 lemons) About 2 heaping cups shaved ice per person

[Download to continue reading...](#)

Icy, Creamy, Healthy, Sweet: 75 Recipes for Dairy-Free Ice Cream, Fruit-Forward Ice Pops, Frozen Yogurt, Granitas, Slushies, Shakes, and More Frozen Paleo: Dairy-Free Ice Cream, Pops, Pies, Granitas, Sorbets, and More The Skinny Ice Cream Maker: Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker The Everything Ice Cream, Gelato, and Frozen Desserts Cookbook: Includes Fresh Peach Ice Cream, Ginger Pear Sorbet, Hazelnut Nutella Swirl Gelato, ... Lavender Honey Ice Cream...and hundreds more! People's Pops:

55 Recipes for Ice Pops, Shave Ice, and Boozy Pops from Brooklyn's Coolest Pop Shop The Home Creamery: Make Your Own Fresh Dairy Products; Easy Recipes for Butter, Yogurt, Sour Cream, Creme Fraiche, Cream Cheese, Ricotta, and More! The Dairy-Free Kitchen: 100 Recipes for all the Creamy Foods You Love--Without Lactose, Casein, or Dairy Sweet Cream and Sugar Cones: 90 Recipes for Making Your Own Ice Cream and Frozen Treats from Bi-Rite Creamery Ice Cream Social: 100 Artisanal Recipes for Ice Cream, Sherbet, Granita, and Other Frozen Favorites The Ultimate Ice Cream Book: Over 500 Ice Creams, Sorbets, Granitas, Drinks, And More Lomelino's Ice Cream: 79 Ice Creams, Sorbets, and Frozen Treats to Make Any Day Sweet Let Them Eat Cake: Classic, Decadent Desserts with Vegan, Gluten-Free & Healthy Variations: More Than 80 Recipes for Cookies, Pies, Cakes, Ice Cream, and More! Pops!: Icy Treats for Everyone Paleo Ice Cream: 75 Recipes for Rich and Creamy Homemade Scoops and Treats A la Mode: 120 Recipes in 60 Pairings: Pies, Tarts, Cakes, Crisps, and More Topped with Ice Cream, Gelato, Frozen Custard, and More The Vegan Scoop: 150 Recipes for Dairy-Free Ice Cream that Tastes Better Than the "Real" Thing Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, or Refined Sugar The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Scoop Adventures: The Best Ice Cream of the 50 States: Make the Real Recipes from the Greatest Ice Cream Parlors in the Country Thoroughly Modern Milkshakes: 100 Thick and Creamy Shakes You Can Make At Home

[Dmca](#)