



DESSERT

Golden Spice Frozen Custard

Golden milk is a wonderful way to enjoy healing, anti-inflammatory spices like turmeric, cinnamon, cardamom, and black pepper but here's another way... transform it into ice cream! Egg yolks are used in this version to make a classic custard base with coconut milk and plenty of warming spices, vanilla and maple syrup are infused to create a delicious and sublime frozen delight.

YIELD: 3 cups

INGREDIENTS

1 cup unsweetened, full-fat coconut milk	1 cinnamon stick	1/2 teaspoon ground cinnamon
1 cup of heavy cream or non-dairy milk of choice	2 whole star anise (Optional: 4 whole peppercorns)	1/4 teaspoon ground fennel
1/2 cup maple syrup	1 vanilla bean (sliced length-wise and seeds scraped from pod)	1/4 teaspoon ground cardamom
3 slices of fresh ginger root or 1/2 teaspoon of ground ginger	1 teaspoon ground turmeric	Pinch of Himalayan sea salt
		3 egg yolks
		1 tablespoon arrowroot powder

DIRECTIONS

1. Heat coconut milk and heavy cream or non-dairy milk in a saucepan over low heat with maple syrup, ginger slices, cinnamon stick, star anise, whole peppercorns, vanilla bean and seeds, turmeric, cinnamon, fennel, cardamom, and sea salt.
2. Cook for 15 minutes on low heat until spices are infused into the milk mixture. Do not allow the milk to boil.
3. Remove whole spices from the milk with a slotted spoon and return to the heat.
4. In a small bowl, whisk together the egg yolks and arrowroot powder.
5. Slowly add 1/2 cup of spiced milk into the egg yolk mixture, whisking constantly, to gradually raise the temperature of the egg mixture. This is known as "tempering".
6. Pour the tempered egg yolk mixture into the saucepan of spiced milk. Stir until the custard begins to thicken slightly. The custard is ready when it coats the back of a spoon and holds a trail after running your finger across it.
7. Set a sieve over a heat-proof container (24 ounce pitcher or Mason jar works well) and pour the custard through to strain it. This will ensure that the custard is smooth and silky.
8. Chill the custard in the refrigerator for 4 hours or until it is very cold.
9. When the custard is quite chilled, pour it into an ice cream maker and churn according to the manufacturer's instructions.
10. If you do not have an ice cream maker, spoon into a frozen popsicle maker shown in the photo.
11. Enjoy immediately or store in the freezer for later.

NUTRITION GEM

Health Benefits of Coconut Milk, Heavy Cream & Maple Syrup

Coconut Milk — Coconut milk has a unique composition of *medium-chain fatty acids* (MCTs), vitamins, and minerals that support heart health, aid digestion, promote weight management, and improve skin and hair health when used topically or consumed

Heavy Cream — Heavy cream is a good source of fat-soluble vitamins like A, D, E, and K, as well as calcium and other minerals, important for bone health,

regulates appetite, and lowers risk of developing diabetes.

Maple Syrup — Maple syrup, a mineral rich natural sweetener derived from the sap of maple trees, which offers several potential health benefits compared to refined sugar. However, it's crucial to remember that it's still some sugar, so moderation is key.