



Ugne Bubnaityte's Peanut butter, chocolate and blackberry ice cream sandwiches

Dairy-free, gluten-free and sugar-free

Ingredients

For the ice cream:

- 1 can full fat coconut milk (chilled in the fridge at least overnight)
- 30g unsweetened cacao
- 60g agave syrup
- 1 egg yolk (optional, if you want your ice cream to be vegan)
- 150g blackberries (or other berries if you like, like raspberries, cherries or strawberries)
- Agave syrup to taste as berry sourness can differ

For the peanut butter cookies:

- 230g natural peanut butter (I used Meridian natural smooth)
- 145g coconut sugar
- Pinch of fine sea salt
- 1 large egg
- 10g gluten-free flour (or ordinary plain white flour or wholemeal if gluten tolerant)

Method

First let's make the ice cream as it takes time to freeze. You will need a medium-sized pot and plastic heat and cold-proof container with a lid. Take the coconut milk from the fridge and carefully open, without shaking the can. Place all the solid cream which has set on the top in the pot. It should be around 300-350g, depending on the richness of the milk.

Add the cacao, syrup and egg yolk, if using, and place the pot on a medium to low heat. Whisk the mixture constantly with a hand whisk until it comes to the boil. When it starts bubbling, remove from the heat, pour into the container, and let it cool completely before putting in the freezer to set.

While your ice cream cools, prepare the berries. Put them in a small saucepan and bring to the boil on a low heat. Taste; if the berries are sour add some agave syrup. Mix with a spoon and simmer on a low heat for three to four minutes until the berries break down and become a jam-like consistency. Remove from the heat and allow to cool completely.

When your berry jam is at room temperature, take the ice cream from the freezer and spoon dollops of jam on top of it. Swirl in with a spoon to combine the jam into the ice cream. Put back in the freezer to set completely. This takes four to five hours, or you can keep it there until you need it.

Get your cookies baked next. Pre-heat the oven to 180°C and line a baking tray with parchment paper. Grab a medium-sized bowl, add all required ingredients and mix with a wooden spoon.

With a teaspoon, scoop a small amount of dough and roll into a ball with your palms and place on the baking sheet. Continue until you have used all the dough. Make sure to leave at least 4-5cm gaps between them. You will need to press them down with a fork to create a flat cookie shape. Pop in the oven for 12 minutes until nicely browned. Remove from the oven and leave on the baking tray for 5-10 minutes, then transfer to a wire rack to cool completely.

When you are ready to taste the legendary peanut butter chocolate and jam combo, take the ice cream from the freezer and let it stand for 5-10 minutes to soften. Scoop a generous amount of ice cream onto a cookie and top with another cookie. Repeat and enjoy!



The Brooke Hospital for Animals

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