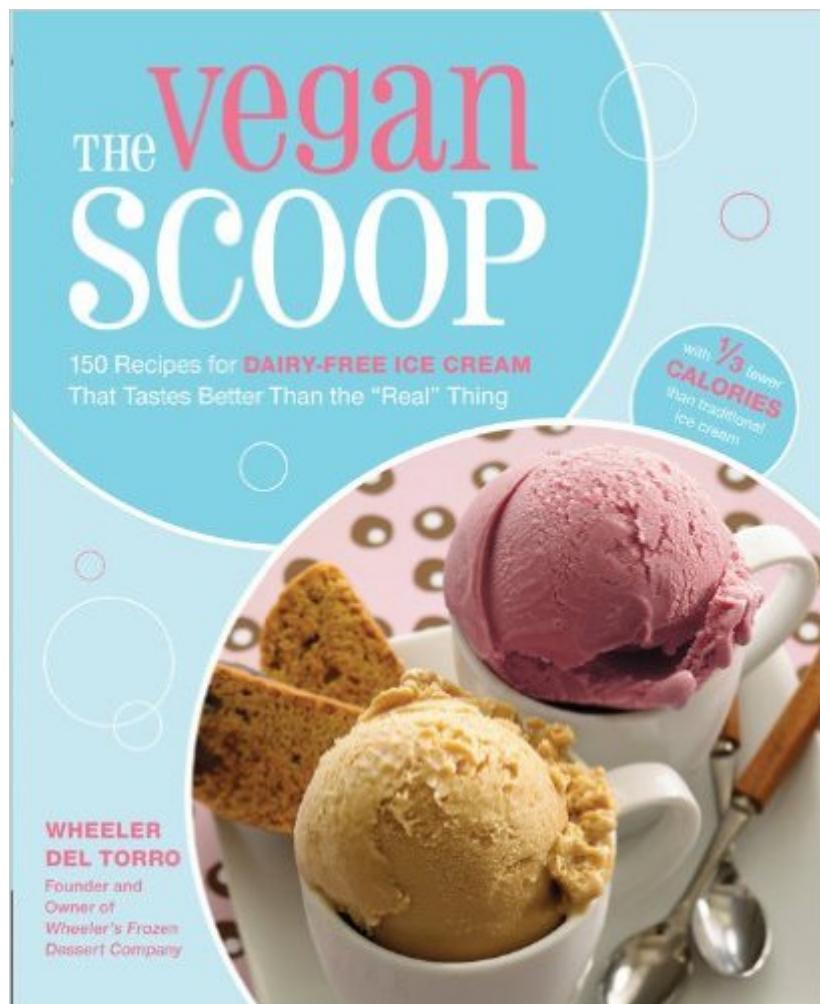


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# The Vegan Scoop: 150 Recipes For Dairy-Free Ice Cream That Tastes Better Than The "Real" Thing



## Synopsis

The Vegan Scoop brings the pleasures of the ice cream parlor into your home with 150 recipes for delicious frozen desserts that are so rich and creamy, they're better than the cereal • thing and contain one-third the calories! Developed by vegan hipster Wheeler del Torro of Wheeler's Frozen Desserts, these faux • creams feature 100 percent vegan-certified ingredients, making them suitable for both vegans and those with lactose intolerance and other dairy aversions. And with each serving containing approximately 80 calories—nearly 100 calories fewer than a serving of traditional ice cream—you can indulge with peace of mind (and keep your trim waistline!). Chapters are devoted to innovative flavor inspirations, • and cover everything from Caribbean & Island Flavors to Healthy Flavors and Aphrodisiacal Flavors. You'll also find two chapters full of recipes for toppings, sauces, sides, and other dessert accompaniments. Recipes include: Peanut Butter Banana Black Sesame Chocolate Marshmallow Almond CookieOrange Passion FruitGranola Crunch Pecan Apple Danish Espresso Bean Vanilla Graham Cracker and hundreds more!

## Book Information

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## Customer Reviews

This book is filled with inventive, delicious and delicious-sounding recipes, accompanied by pictures that make you want to start making ice cream immediately! I had to run right out and buy the specialty items almost every recipe calls for - arrowroot powder (hint: buy it bulk online to avoid the super high grocery store prices - we paid \$7 for a few ounces of the spice jar, and you can get a couple pounds for that if buying it online!) and soy creamer (I got Silk, in the dairy fridge). Update: I

have now made several ice creams from this book, including one with coconut milk instead of soy creamer, and they were all delicious. I only strictly followed the recipe for one of them, and I consider that a compliment to this book, that it inspires you to be creative. The only drawback to the book is that almost every recipe calls for soy milk or soy creamer, as well as either white (usually) or brown sugar. Out of 150, there are only 12 or 13 that do not have soy milk or creamer (and a few of those are sorbets with no milk at all). The author recommends experimenting with nut and coconut milks, and even gives a recipe for making your own cashew milk, but I have not tried this yet. Given how "creamy" soy creamer is compared to say, almond milk, I am uncertain about how the ice cream might turn out. Maybe too much "ice" and not enough "cream"? Specific suggestions would have been useful here. For the sugar, I have been substituting agave with mixed results. (Most recipes call for about 1/2 to 3/4 a cup of sugar to make 1 quart of ice cream.) Update: I have found that when substituting agave for sugar, about half the amount the recipe calls for is good. I think agave must not "disappear" when freezing the way sugar does.

WHEELER DEL TORRO'S THE VEGAN SCOOP IS MY FAVORITE COOKBOOK OF ALL TIME. The end. Shortest book review ever. I kid, I kid - but just about the last part. In all seriousness, THE VEGAN SCOOP really is a personal favorite. I love everything about this cookbook: the gorgeous, glossy pages. The luscious, lovingly-photographed balls of frozen deliciousness. The easy-to-follow - yet terribly creative - recipes. The sometimes-sneakily subversive "tasty tidbits" that grace each page's margins. The way del Torro encourages readers to experiment with different fruits, spices, seasonings and - yes! - even vegetables on their own. The freaking color palette. Simply put, THE VEGAN SCOOP is all kinds of awesomeness. The book, which - have I not already mentioned? - itself looks yummy enough to eat - features 150 recipes for vegan, dairy-free ice cream and ice-cream related foodstuffs. (Disclaimer: all of the ice cream recipes require an ice cream maker.

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