

Mint cacao chip ice cream

1 cup cashews, soaked 1-2 hours	½ cup thai coconut meat
½ cup agave	1 ¼ cups water
1 Tablespoon vanilla extract	1 vanilla bean, scraped
Pinch Himalayan Salt	½ cup coconut oil
1 cup tightly packed fresh mint leaves	1 drop mint essential oil
¼ cup cacao nibs	



Blend all ingredients except the cacao nibs in a high speed blender until very smooth. If you are using a home blender, you may need to start and stop the machine several times to get the mixture very smooth.

Pour into your ice cream maker, add cacao nibs and follow manufacturer's instructions.

Use this ice cream within 3 or 4 days – remember raw food does not contain preservatives, it is fresh.

it's up to you
you are what you eat