

jenis vegan ice cream

Jenis Vegan Ice Cream: Menyelami Dunia Es Krim Tanpa Susu yang Lezat dan Sehat

jenis vegan ice cream kini semakin populer di kalangan pecinta kuliner yang mengutamakan gaya hidup sehat dan ramah lingkungan. Tidak hanya cocok untuk mereka yang menjalani pola makan vegan, es krim tanpa bahan hewani ini juga menjadi alternatif menarik bagi yang intoleran laktosa atau sekadar ingin mencoba sesuatu yang berbeda. Dengan berbagai bahan dasar nabati dan inovasi rasa yang terus berkembang, jenis vegan ice cream menawarkan pengalaman menikmati es krim yang tak kalah lezat dibanding versi konvensional. Yuk, kita jelajahi berbagai jenis vegan ice cream yang bisa kamu coba dan pelajari apa yang membuatnya spesial!

Memahami Jenis Vegan Ice Cream dan Bahan Dasarnya

Sebelum membahas lebih jauh tentang jenis-jenis vegan ice cream, penting untuk memahami bahan dasar yang digunakan. Es krim vegan dibuat tanpa susu sapi atau produk hewani lain, melainkan menggunakan alternatif nabati yang kaya nutrisi dan ramah lingkungan. Bahan-bahan ini tidak hanya memberikan tekstur creamy, tapi juga rasa yang unik.

1. Es Krim Berbasis Santan

Santan, yang dihasilkan dari perasan kelapa parut, adalah salah satu bahan dasar paling populer untuk membuat vegan ice cream. Kandungan lemak dalam santan memberikan tekstur yang lembut dan kaya, mirip dengan es krim susu sapi. Santan juga memberikan sentuhan rasa tropis yang khas, sangat cocok untuk rasa seperti kelapa, cokelat, atau buah-buahan tropis.

2. Es Krim Berbasis Susu Kacang

Kacang-kacangan seperti almond, kacang mete, dan kacang tanah sering digunakan untuk membuat susu nabati yang kemudian diolah menjadi es krim. Misalnya, almond milk ice cream memiliki rasa yang ringan dan sedikit nutty. Selain itu, kacang mete yang kaya akan lemak sehat dapat menghasilkan tekstur es krim yang sangat creamy dan lembut.

3. Es Krim Berbasis Oat

Oat milk menjadi bahan yang tengah naik daun untuk produk vegan, termasuk es krim. Oat milk memiliki rasa yang netral dan tekstur yang kental, sehingga cocok sebagai dasar es krim yang lembut dan tidak terlalu berat. Jenis ini juga baik untuk mereka yang alergi kacang.

4. Es Krim Berbasis Tahu

Mungkin terdengar unik, tapi tahu juga bisa menjadi bahan dasar es krim vegan. Tahu sutra, yang teksturnya halus dan creamy, memberikan es krim kekayaan protein dan tekstur yang lembut. Biasanya, tahu digunakan untuk membuat es krim vegan dengan rasa netral yang bisa dipadukan dengan berbagai topping atau perisa alami.

Ragam Jenis Vegan Ice Cream Berdasarkan Rasa dan Tekstur

Setiap jenis bahan dasar membawa karakteristik rasa dan tekstur yang berbeda. Berikut ini beberapa varian yang banyak ditemukan di pasaran maupun yang bisa kamu buat sendiri di rumah.

Es Krim Vegan dengan Rasa Buah Segar

Jenis vegan ice cream yang satu ini sangat digemari karena kesegarannya. Menggunakan buah-buahan asli seperti stroberi, mangga, pisang, atau blueberry, es krim ini biasanya berbahan dasar santan atau oat milk. Selain rasa manis alami dari buah, tambahan perasa alami seperti vanila atau jeruk nipis sering digunakan untuk memperkaya cita rasa.

Es Krim Cokelat Vegan

Penggemar cokelat tidak perlu khawatir, karena ada banyak pilihan es krim cokelat vegan yang menggunakan bubuk kakao murni dan santan atau susu kacang. Kombinasi ini menghasilkan rasa cokelat yang pekat dan tekstur yang creamy. Beberapa varian juga menambahkan potongan cokelat vegan atau kacang untuk sensasi crunchy.

Es Krim Vegan dengan Rasa Klasik

Vanilla dan caramel adalah rasa klasik yang juga tersedia dalam versi vegan. Biasanya, es krim ini dibuat dengan menggunakan vanila asli dan gula kelapa atau sirup maple sebagai pemanis alami. Tekstur lembut dan rasa manis yang pas membuatnya jadi favorit banyak orang.

Keunggulan dan Manfaat Memilih Vegan Ice Cream

Selain alasan etis dan lingkungan, ada beberapa manfaat yang membuat banyak orang beralih ke jenis vegan ice cream.

Lebih Ramah Lingkungan

Produksi es krim vegan umumnya menggunakan bahan yang lebih berkelanjutan dibandingkan dengan susu sapi. Misalnya, kelapa dan oat membutuhkan lebih sedikit air dan menghasilkan emisi gas rumah kaca yang lebih rendah. Dengan memilih es krim vegan, kamu turut berkontribusi pada upaya menjaga bumi.

Bebas Laktosa dan Kolesterol

Vegan ice cream sangat cocok untuk mereka yang intoleran terhadap laktosa atau memiliki masalah kolesterol tinggi. Karena tidak mengandung produk hewani, es krim ini bebas kolesterol dan lebih mudah dicerna oleh tubuh.

Kaya Nutrisi dan Serat

Bahan dasar seperti kacang-kacangan dan oat tidak hanya memberikan rasa lezat tapi juga kaya akan serat, vitamin, dan mineral. Ini membuat vegan ice cream menjadi pilihan camilan yang lebih sehat dibanding es krim biasa.

Cara Membuat Jenis Vegan Ice Cream di Rumah

Membuat es krim vegan di rumah ternyata tidak sesulit yang dibayangkan. Dengan bahan sederhana dan alat yang minimal, kamu bisa berkreasi dengan berbagai rasa favorit.

Bahan Dasar yang Dibutuhkan

- Santan kelapa atau susu nabati (almond, oat, atau mete)
- Buah-buahan segar atau bubuk kakao
- Pemanis alami seperti madu vegan, sirup maple, atau gula kelapa
- Vanila ekstrak atau perisa alami lain (opsional)

Langkah-Langkah Pembuatan

1. Campur bahan dasar (santan atau susu nabati) dengan pemanis dan perisa sesuai selera.
2. Tambahkan buah atau bubuk kakao, blender hingga halus dan tercampur rata.
3. Tuang campuran ke dalam wadah dan bekukan selama beberapa jam, aduk setiap 30 menit agar tekstur tetap lembut dan tidak terlalu keras.
4. Setelah beku sempurna, es krim siap dinikmati. Kamu juga bisa menambahkan topping seperti kacang, granola, atau buah segar.

Tren dan Inovasi dalam Dunia Vegan Ice Cream

Seiring dengan meningkatnya permintaan, banyak produsen mulai berinovasi dengan jenis vegan ice cream. Dari es krim rendah gula, varian bebas gluten, hingga penambahan superfood seperti spirulina dan matcha. Bahkan, ada juga es krim vegan yang diperkaya probiotik untuk mendukung kesehatan pencernaan. Tren ini menunjukkan bahwa pilihan es krim vegan semakin beragam dan semakin mudah diakses oleh semua kalangan.

Menikmati es krim tidak harus selalu berarti mengonsumsi produk hewani. Dengan hadirnya berbagai jenis vegan ice cream, kamu bisa memanjakan lidah sekaligus menjaga kesehatan dan lingkungan. Jadi, apakah kamu sudah siap mencoba jenis vegan ice cream favoritmu?

Frequently Asked Questions

Apa saja jenis vegan ice cream yang populer di pasaran?

Jenis vegan ice cream yang populer meliputi berbahan dasar santan, almond, kacang mete, oat, dan kedelai. Setiap jenis memiliki tekstur dan rasa yang berbeda sesuai bahan dasarnya.

Apa bahan utama yang digunakan untuk membuat vegan ice cream?

Bahan utama vegan ice cream biasanya adalah susu nabati seperti santan kelapa, susu almond, susu kedelai, atau susu oat, yang menggantikan susu sapi pada es krim konvensional.

Bagaimana tekstur vegan ice cream dibandingkan dengan es krim biasa?

Tekstur vegan ice cream bisa sangat creamy dan lembut, terutama yang menggunakan kacang mete atau santan, meskipun beberapa varian berbasis oat atau almond mungkin memiliki tekstur sedikit berbeda.

Apakah vegan ice cream cocok untuk orang yang alergi susu?

Ya, vegan ice cream sangat cocok untuk orang yang alergi susu sapi karena tidak mengandung produk hewani atau susu sapi sama sekali.

Apa kelebihan memilih vegan ice cream dibandingkan es krim biasa?

Vegan ice cream biasanya lebih ramah lingkungan, bebas kolesterol, dan cocok untuk vegan serta orang dengan intoleransi laktosa. Selain itu, beberapa varian mengandung bahan alami dan rendah gula.

Dimana saya bisa membeli berbagai jenis vegan ice cream?

Vegan ice cream dapat ditemukan di supermarket besar, toko bahan makanan organik, toko khusus vegan, atau melalui layanan online yang menjual produk makanan sehat dan ramah lingkungan.

Additional Resources

Jenis Vegan Ice Cream: Menyelami Ragam dan Inovasi dalam Dunia Es Krim Nabati

jenis vegan ice cream kini semakin mendapatkan perhatian luas dari konsumen yang menginginkan alternatif makanan penutup yang tidak hanya lezat, tetapi juga ramah lingkungan dan bebas dari produk hewani. Dengan meningkatnya kesadaran akan isu kesehatan, etika, dan keberlanjutan, pasar es krim vegan berkembang pesat, menawarkan berbagai varian yang menggunakan bahan dasar nabati. Artikel ini akan mengupas tuntas berbagai jenis vegan ice cream, bahan pembuatnya, serta keunggulan dan tantangan yang dihadapi dalam produksi dan konsumsi es krim nabati tersebut.

Memahami Jenis Vegan Ice Cream dan Bahan Dasarnya

Pada dasarnya, jenis vegan ice cream didefinisikan oleh bahan-bahan yang digunakan sebagai pengganti susu dan krim hewani. Berbeda dengan es krim konvensional yang menggunakan susu sapi, es krim vegan mengandalkan bahan nabati yang kaya lemak dan tekstur untuk menghasilkan rasa dan konsistensi yang serupa. Beberapa bahan dasar populer yang digunakan meliputi santan kelapa, susu almond, susu kedelai, susu oat, dan susu kacang mete.

Setiap bahan dasar tersebut memiliki karakteristik unik yang mempengaruhi rasa, tekstur, dan kandungan nutrisi dari es krim vegan. Misalnya, santan kelapa memberikan rasa yang kaya dan tekstur lembut karena kandungan lemak jenuh yang tinggi, sementara susu almond dikenal lebih ringan dengan nuansa rasa kacang yang halus. Dalam konteks ini, pemilihan bahan sangat penting untuk memenuhi preferensi konsumen dan kebutuhan pasar.

Santan Kelapa: Es Krim Vegan yang Kaya dan Lembut

Santan kelapa adalah salah satu bahan paling populer dalam pembuatan es krim vegan karena kandungan lemaknya yang tinggi dan kemampuan untuk menghasilkan tekstur yang creamy. Jenis vegan ice cream dengan basis santan seringkali memiliki rasa yang kaya dan sedikit aroma kelapa yang khas. Selain itu, santan juga memberikan stabilitas tekstur yang baik sehingga es krim tidak mudah mencair.

Namun, penggunaan santan juga memiliki beberapa kelemahan, seperti kandungan lemak jenuh yang cukup tinggi yang mungkin menjadi perhatian bagi konsumen yang mengutamakan kesehatan jantung. Di sisi lain, santan adalah pilihan yang baik bagi mereka yang alergi terhadap kacang-kacangan dan kedelai.

Susu Almond: Pilihan Ringan dan Bernutrisi

Susu almond semakin populer sebagai bahan dasar es krim vegan karena rasanya yang ringan dan kandungan kalori yang relatif rendah. Es krim berbasis susu almond menawarkan rasa kacang yang halus dan tekstur yang cukup creamy, meskipun cenderung kurang kaya dibandingkan santan.

Kelebihan lainnya adalah susu almond mengandung vitamin E dan antioksidan yang baik untuk kesehatan kulit dan sistem imun. Namun, tekstur es krim berbasis almond terkadang kurang stabil dan dapat cepat mencair jika tidak diproses dengan teknik khusus atau tambahan bahan pengemulsi.

Susu Kedelai: Alternatif Kaya Protein

Susu kedelai merupakan bahan dasar yang banyak digunakan dalam produk vegan karena kandungan proteinnya yang tinggi. Dalam pembuatan jenis vegan ice cream, susu kedelai memberikan tekstur yang halus dan rasa yang netral, sehingga mudah dikombinasikan dengan berbagai varian rasa seperti cokelat, vanilla, dan buah-buahan.

Selain keunggulan nutrisi, susu kedelai juga relatif mudah ditemukan dan memiliki harga yang kompetitif. Namun, beberapa konsumen melaporkan adanya aftertaste yang khas dari kedelai, sehingga produsen seringkali menambahkan perisa alami untuk menyamarkan rasa tersebut.

Susu Oat: Es Krim Vegan dengan Rasa Alami dan Tekstur Krim

Susu oat menjadi tren baru dalam industri es krim vegan karena teksturnya yang creamy dan rasa yang manis alami. Jenis vegan ice cream berbasis oat cocok bagi mereka yang menghindari kacang-kacangan dan kedelai, serta memiliki kandungan serat yang membantu pencernaan.

Selain itu, susu oat memiliki dampak lingkungan yang lebih rendah dibandingkan dengan susu almond atau kedelai, menjadikannya pilihan yang menarik bagi konsumen yang peduli dengan keberlanjutan. Tantangan utama adalah memastikan produk akhir memiliki tekstur yang tidak terlalu encer, sehingga sering diperlukan penyesuaian formula.

Inovasi dan Tren dalam Jenis Vegan Ice Cream

Perkembangan teknologi pangan dan meningkatnya permintaan konsumen mendorong inovasi dalam jenis vegan ice cream. Produsen berlomba-lomba menciptakan produk dengan tekstur yang mendekati es krim konvensional, rasa yang

autentik, serta kandungan gizi yang seimbang.

Penggunaan Bahan Pengemulsi dan Penstabil Alami

Untuk mengatasi masalah tekstur dan kestabilan, banyak es krim vegan kini menggunakan bahan pengemulsi dan penstabil alami seperti guar gum, xanthan gum, dan pektin. Bahan-bahan ini membantu mempertahankan konsistensi creamy, mencegah kristalisasi es, dan memperpanjang umur simpan produk.

Penggunaan bahan-bahan alami ini juga menjadi nilai tambah dalam pemasaran, karena konsumen vegan dan organik cenderung menghindari bahan kimia sintetis.

Varian Rasa dan Kombinasi Unik

Selain rasa klasik seperti cokelat dan vanilla, jenis vegan ice cream kini hadir dalam varian yang lebih beragam, termasuk kombinasi buah tropis, rempah-rempah, dan bahkan rasa gurih seperti matcha atau kopi. Inovasi ini tidak hanya menarik bagi konsumen vegan, tetapi juga bagi pasar mainstream yang mencari pengalaman rasa baru.

Perbandingan Nutrisi dan Dampak Lingkungan

Salah satu aspek yang sering diperhatikan dalam memilih jenis vegan ice cream adalah kandungan nutrisinya. Dibandingkan dengan es krim konvensional, es krim vegan biasanya lebih rendah kolesterol dan lemak jenuh, tergantung dari bahan dasar yang digunakan.

Namun, tidak semua es krim vegan otomatis lebih sehat. Misalnya, produk berbasis santan bisa memiliki kandungan kalori dan lemak jenuh yang tinggi. Sebaliknya, es krim berbasis susu kacang seperti almond dan oat cenderung lebih rendah kalori dan kaya serat.

Dari sudut pandang lingkungan, es krim vegan umumnya memiliki jejak karbon yang lebih kecil dibandingkan produk berbasis susu sapi. Produksi susu nabati, terutama oat dan kedelai, membutuhkan lebih sedikit air dan lahan, serta menghasilkan emisi gas rumah kaca yang lebih rendah.

Kesimpulan Alami dalam Ragam Jenis Vegan Ice Cream

Jenis vegan ice cream tidak hanya menawarkan alternatif es krim yang bebas dari produk hewani, tetapi juga membawa inovasi dalam rasa, tekstur, dan

nilai gizi. Dengan berbagai pilihan bahan dasar seperti santan kelapa, susu almond, kedelai, dan oat, konsumen kini dapat menyesuaikan pilihan es krim mereka sesuai kebutuhan diet dan preferensi rasa.

Tren ke depan menunjukkan bahwa es krim vegan akan terus berkembang dengan peningkatan kualitas dan keberagaman produk, yang tidak hanya memenuhi kebutuhan konsumen vegan tetapi juga menarik minat pasar yang lebih luas. Dengan dukungan teknologi dan kesadaran konsumen yang meningkat, jenis vegan ice cream memiliki potensi besar untuk menjadi bagian penting dalam industri makanan penutup global.

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jenis vegan ice cream: Saham-Saham Machinery And Heavy Equipment di BEI per Laporan Keuangan Q4 2017 Buddy Setianto, 2018-07-03 Langkah terpenting pada investasi saham di bursa adalah penilaian harga saham yaitu True Value atau Intrinsic Value (Nilai wajar). Buku ini memberi analisa Machinery And Heavy Equipment emiten di BEI, berikut key financials, ratio keuangan, dan menghitung semua saham Machinery And Heavy Equipment yang listed di BEI (51 saham) berdasarkan laporan keuangan terkini kuartal IV tahun 2017 dan berikut grafik valuasi secara historis dibandingkan harga pasarnya. Buku juga mengulas Top gainer dan top loser selama periode Januari - Juli & Desember 2017. Saham-saham sub sector ini terdiri dari • Automotive and Components • Cable • Ceramics, Glass, Porcelain • Electronics • Footwear • Manufacturing • Plastic Houseware • Textile, Garment Buku ini dilengkapi dengan Daftar 51 emiten berdasarkan industry sector per Juni 2018, Parameter Keuangan Yang Terpenting Didalam Analisa Perusahaan Publik, 9 parameter utama dalam menentukan nilai wajar saham, Formula valuasi saham, Cara membaca grafik valuasi saham, Frequently asked questions dan Nilai Wajar Semua Saham Di Bursa Efek Indonesia berdasarkan Laporan keuangan kuartal IV tahun 2017.

jenis vegan ice cream: Soy Fiber and Dietary Fiber William Shurtleff, 1996

jenis vegan ice cream: Kosmetologi : Prinsip dan Aplikasi Nadia Isnaini, Lydia Septa Desiyana, 2025-08-19 Industri kosmetik terus berkembang pesat, didorong oleh permintaan konsumen akan produk-produk yang lebih aman, efektif, dan ramah lingkungan. Untuk menjawab tantangan tersebut, buku ini hadir sebagai panduan komprehensif dalam memahami ilmu kosmetologi, dari prinsip dasar hingga teknik formulasi yang mutakhir. Buku ini membahas berbagai topik penting, antara lain: Anatomi dan fisiologi kulit serta rambut sebagai dasar penggunaan kosmetik. Berbagai jenis bahan aktif yang digunakan dalam produk perawatan kulit dan rambut. Teknik formulasi produk kosmetik seperti krim, losion, serum, dan produk berbasis alami. Standar keamanan, regulasi, dan uji stabilitas produk kosmetik. Aplikasi teknologi modern dalam pengembangan produk kosmetik yang inovatif. Dengan pendekatan yang mudah dipahami dan

dilengkapi studi kasus serta contoh-contoh aplikatif. Buku ini dirancang untuk membantu mahasiswa, dosen, dan praktisi di bidang kosmetik memperdalam wawasan mereka mengenai dunia kosmetologi. Buku ini juga relevan bagi mereka yang ingin memahami tren dan inovasi terbaru di industri kosmetik yang semakin kompetitif. Temukan segala yang perlu Anda ketahui tentang ilmu kosmetologi dalam buku ini dan jadilah bagian dari masa depan industri kecantikan yang berkelanjutan dan berdaya saing tinggi.

jenis vegan ice cream: The Vegan Scoop Wheeler del Torro, 2009-06-01 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 "real" 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 Cookie Orange Passion Fruit Granola Crunch Pecan Apple Danish Espresso Bean Vanilla Graham Cracker and hundreds more!

jenis vegan ice cream: Making Vegan Frozen Treats Nicole Weston, 2025-05-01 Enjoy all of your favorite ice creams — without the dairy! In this Storey BASICS® guide, Nicole Weston shows you how to make vegan ice creams right at home, with soy, almond, or coconut milk. Fill your bowl with classics like vanilla, chocolate, and strawberry, or get creative with flavors like chai tea, peanut butter and banana, and coconut-raspberry-lime. Weston also includes recipes for vegan sorbets, granitas, pops, and even vegan cookies for making dairy-free ice cream sandwiches.

jenis vegan ice cream: Incredible Vegan Ice Cream Deena Jalal, 2019-06-11 Your New Favorite Ice Cream Has Arrived Dig into FoMu Ice Cream's most popular flavors without waiting in line for a cone. Signature scoops like Peanut Butter Mud Pie, Rockier Road, Matcha White Chocolate, and Avocado Lime are easy to whip up at home with a basic ice cream machine and a handful of fresh, wholesome ingredients. Made with a versatile, extra creamy coconut milk base, these vegan, allergy-friendly recipes are totally free of additives and preservatives. Thanks to honest ingredients like seasonal fruit and veggies, real vanilla bean, freshly ground spices, and homemade chocolate sauce, you can enjoy each melty spoonful to the fullest. Even with this super healthy profile, every recipe delivers mind-blowing flavor and an irresistibly smooth, thick texture. From Pumpkin Caramel to Cold Brew, your ice cream machine will be busy all year long. We dare you not to try them all!

jenis vegan ice cream: N'ice Cream Virpi Mikkonen, 2016-05-17

jenis vegan ice cream: N'ice Cream Virpi Mikkonen, Tuulia Talvio, 2016-05-17 From Saveur Award-winning Finnish author Virpi Mikkonen and Tuulia Talvio, a gorgeous book of decadent, easy--and healthy!--vegan ice cream recipes Just in time to beat the summer heat, N'ice Cream offers 80 decadent and healthy ice cream recipes made from all-natural, wholesome vegan ingredients like fruits, berries, and plant-based milks and nuts--as the authors say, no weird stuff. Get ready to have your ice cream and eat it too. Award-winning Finnish author Virpi and coauthor Tuulia show that making your own ice cream can be easy and good for you at the same time. These recipes can be made with or without an ice cream maker, and include foolproof instant ice creams that can be savored right away. As Tuulia and Virpi say, people deserve to eat goodies without feeling crappy afterwards, and now they can; all the recipes are dairy-free, gluten-free, and refined-sugar-free, and many are nut-free and raw as well. These delicious recipes include creamy ice creams, soft serves, and milkshakes; fresh sorbets and popsicles; party fare like ice cream cakes, sauces, and more. Enjoy light, summery treats like Coconut Water Coolers and Apple Avocado Mint Popsicles, or relish more decadent fare like the Dreamy Chocolate Sundae and Mint Chocolate Ice Cream Sandwiches. The book itself is gorgeously designed with mouth-watering photographs. Perfect for those who want

to devour summer treats without guilt, N'ice Cream is about to make your summer a whole lot more delicious.

jenis vegan ice cream: Vice Cream Jeff Rogers, 2004 It's love at first bite! Until now, vegans and lactose-intolerants have missed out on perfect rich, creamy ice cream, and have been left with bland, too-healthy-tasting alternatives. Who knew it was possible to create a satisfying ice cream-like dessert without the milk and cream? Jeff Rogers and his vice cream to the rescue! VICE CREAM offers more than 70 scrumptious recipes for all the vegans out there who've been missing scoop after scoop of mouthwatering ice cream. For the first time, you can make truly creamy and delectable ice creams using purely vegan ingredients—the milks come from nuts, the sweeteners are maple syrup and dates, and the flavors are just amazing. Recipes include favorites like chocolate, vanilla, chocolate chip, mocha, and peanut butter, as well as fresh fruit flavors like blueberry, raspberry, lemon, and strawberry, and many more. After your first spoonful, you'll be astonished at just how tasty and rich this healthy alternative to the heaviness of "real" ice cream can be. With vice cream in the freezer, you'll never yearn for milk-based ice cream again. More than 70 recipes for pure vegan ice creams, including preparation and ingredient tips. Includes a whole section devoted to raw vice creams. The Vegetarian Resource Group estimates that 2,900,000 Americans (or 1 percent of the population) are vegans. According to the National Institutes of Health, 30 to 50 million Americans are lactose intolerant.

jenis vegan ice cream: Vegan Ice Cream Sandwiches Kris Holechek Peters, 2014-06-03 The vegan chef and author of *Have Your Cake and Vegan Too* shares an array of treats featuring homemade, dairy-free ice cream and cookies. Nothing beats the marriage of crunchy cookies and luscious ice cream. Whether you're hosting a birthday bash, dinner party or just indulging yourself on a hot summer's day, homemade ice cream sandwiches are the perfect frozen treat. This book offers endless combinations of cruelty-free, decadent recipes to please any palate, including: Traditional Favorites •Chocolate chip cookies with vanilla bean ice cream •Coffee cookies with chocolate nut ice cream •Chocolate brownie with vanilla ice cream Fun Creations •Sprinkle cookies with cake batter ice cream •Chocolate wafers with peanut butter cup ice cream •Shortbread with strawberry balsamic ice cream Gourmet Treats •Lemon cornmeal biscuits with raspberry sherbet •Cardamom cookies with Pistachio ice cream •Orange zest shortbread with earl grey ice cream

jenis vegan ice cream: 573 Emiten yang terdaftar Di Bursa Efek Indonesia Edisi April 2018 Buddy Setianto, 2018-04-30 Membeli saham baik untuk di investasikan dalam jangka pendek atau panjang ataupun untuk trading semata di perlukan informasi bagaimana emiten atau perusahaan yang menempatkan sahamnya di BEI. Informasi mengenai jenis usaha yang di jalankan emiten, informasi kepemilikan dan komposisinya paling tidak menimal harus diketahui oleh para investor dan trader atau bahkan para calon pemain saham yang masih dalam taraf belajar. Dalam buku ini mengungkap secara singkat latar belakang usaha seluruh emiten yang listed di Bursa BEI, sampai dengan bulan April 2018 ini sudah terdaftar 573 emiten dengan 573 kode saham di BEI dari berbagai industri.

jenis vegan ice cream: Vegan Ice Cream Polly Martin, 2020-02-03 Ever dream of refreshing frozen treats and ice cream, specially on a scorching day? If so, *Vegan Ice Cream: Delicious and Easy Homemade Non-Dairy Ice Cream and Frozen Dessert Cookbook For A Vegetarian, Vegan, Lactose-Free, Paleo, and Plant-Based Diet!* By Polly Martin is THE book for you! On a hot day, it can be hard finding a plant-based sweet treat or dessert to cool down. That's why we've created *Vegan Ice Cream* or *Nice Cream*! Our book includes all your favorite frozen desserts and delicious ice cream flavors that are egg, dairy, and lactose-free! We also have a few recipes that are nut-free and sugar-free! Why choose this book? While it is common knowledge that a vegan lifestyle is beneficial for health and wellness, it can still be hard adjusting and restricting your diet. There is no need to miss out any longer! This book includes our tried and tested recipes, teaching you THE BEST ways to make deliciously smooth, creamy, and sweet vegan ice cream, lollies, and frozen treats! What is inside? Introduction to a Vegan Diet Introduction to Vegan Ice Cream The Sweetest, Creamiest, Smoothest Vegan Ice Cream Recipes And much, much more! What are you waiting for? Kickstart

your life now by purchasing this book! See you inside!

jenis vegan ice cream: The New Scoop Alina Niemi, 2011-11-18 Be the boss of your ice cream! Learn to make dairy-free, vegan ice cream, sherbet, sorbet and frozen yogurt at home easily, with or without an ice cream machine (although a machine is recommended.) Use easy-to-find ingredients, and nondairy milks and sweeteners. Recipes in this cookbook include standard favorites, such as Chocolate, Vanilla, Strawberry, Mint Chocolate Chip, Mocha Almond Fudge, and Pumpkin Ice Creams. But there are also more unusual flavors, such as Tomato Basil and Black Sesame Ice Creams. There are also complete instructions for making yogurt at home, which you can then use to make frozen yogurts. And one entire chapter is dedicated to making Mochi Ice Cream, with step-by-step directions. Vegans and people with allergies, lactose intolerance, or food sensitivities will find this a useful resource. Anyone looking for healthier ice cream alternatives will find lots to satisfy them. Ice cream lovers with a sense of adventure can attempt some of the more unique ice cream flavors, such as: Taro Ice Cream Strawberry Basil Balsamic Ice Cream Papaya Frozen Yogurt Lychee No-jito Sherbet Chocolate Curry Ice Cream Cucumber Mint Frozen Yogurt Azuki Ice Cream Chocolate Lavender Ice Cream These healthier recipes are soy, coconut, rice, and nut milk based. They contain no cholesterol and are lower in saturated fat than their dairy counterparts. Stop paying ridiculous prices for mediocre non-dairy treats. Make your own delicious, creamy, dreamy concoctions at home with this cookbook. **READER REVIEWS:** I just made the fresh guava ice cream recipe out of my friend Alina's new vegan ice cream cookbook. I used my Mom's guavas and it came out wonderfully smooth and creamy. The fresh guava is subtle and fragrant. I am actually not missing the heavy cream I would usually be using. The recipes run the gamut from classic favorites (Mint Chocolate Chip) to intriguing, mind-bending combinations (Carrot Apple Coconut Curry). It is more than an ice cream cookbook. It is a passionate treatise on taking ice cream making to the level of a grand adventure. I wonder how many ice cream machines were sacrificed testing these more than 100 recipes. I will definitely be trying more soon. I have my eye on the lilikoi frozen yogurt recipe next since I have so many lilikoi right now. -Dorothy Arriola Colby This recipe book contains 15 chapters and an Index for a total of 208 pages. In the last chapter it contains the topic of TROUBLE SHOOTING. I'd welcome seeing that in any cookbook I buy and use. For the most part, I stay out of the kitchen. So I should probably stay out of the kitchen for sure. But these recipes for ice cream are fascinating, and the many pictures entice the reader into trying something new and different. Who are the readers of this book? Readers who are tired of ordinary ice cream, who have dietary problems that require different ingredients, or who are searching for a new experience in ice cream eating. For those readers I recommend this book. In the first chapters, you'll learn the difference between ice cream, sherbet, sorbet, granita, and frozen yogurt. The author then introduces you to the various kinds of milk you may want to try-coconut, soy, grain milks and the ingredients you may want to mix with the milk. You'll need fats, starches, sweeteners, agave nectar, maple syrup and others. And to insure edible results you'll need the right equipment in your kitchen. This can be as simple or as elaborate as you care to make it. And of course, you'll find dozens of recipes to tempt you. My advice is to read the book through carefully before you begin trying a recipe. Each success will lead to another. This book is a winner. Dorothy Francis www.dorothyfrancis.com **KILLER IN CONTROL**, 2011 (Five Star) **DAIQUIRI DOCK MURDER**, 2012 (Five Star) 4 Five Star mysteries on Amazon Kindle

jenis vegan ice cream: Homemade Vegan Ice Cream Erica Riley, Ice cream is the perfect addition to any hot summer vacation. Everybody loves it, and it's great with cake. Unfortunately, there are only so many flavors that grocery stores carry, and it's hard to find vegan-friendly options. The perfect solution is homemade ice cream. This book is here to provide you with many different homemade vegan ice cream recipes. Everybody can find a recipe they like in this book. You will find:

- Fruity vegan
- No churn vegan
- And much more

There's a flavor for everyone in this book. There's no need to suffer through the summer heat without some tasty and cool to cool you off. Grab this book today and have ice cream tomorrow.

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