



Amaretto Cherry Nice Cream

By Chef Veera Gaul, Ph.D.



Ingredients

4 cups frozen banana slices (about 4 large bananas)
3-4 tablespoons unsweetened almond milk (more if needed)
1 teaspoon O&V [Amaretto vinegar](#) *
5 cups pitted and chopped cherries, either fresh, or frozen

Amaretto Cherry Almond Glaze

2 tablespoons O&V [Amaretto Vinegar](#) *
2 tablespoons O&V [Cherry Almond vinegar](#) *
2 tablespoons **Runamok Maple Syrup** *

Preparation

If using frozen cherries, thaw half the cherries and chop them into halves or quarters
If using fresh cherries, pit all the cherries and freeze half of them with the banana slices, chopping the remaining half of the cherries.

In a high-speed blender or food processor pulse the banana and frozen cherries together until crumbly. Stop and scrape down sides as needed. Add 3 tablespoons of almond milk and the amaretto vinegar. Blend continuously until smooth and creamy, adding more milk as needed to get a smooth soft serve consistency to the nice cream.

Remove to a freezer safe container and fold in the chopped thawed or fresh cherries. You can serve the nice cream immediately as a soft serve dessert, or freeze for a few hours for a more scoopable hardened consistency.

Make the Amaretto Cherry Almond glaze by combining the two vinegars and the maple syrup in a small pan. Over medium heat, bring it a gentle simmer until reduced by half. Allow to cool (if it is too sticky and reduced, add a little additional cherry almond vinegar and stir in till you reach a good drizzling consistency).

Scoop the nice cream into a serving dish and drizzle the top with the Amaretto Cherry Almond glaze.

Serves 6

Total Time: 12 minutes (plus time to freeze the bananas and cherries)

Notes

* The [Amaretto vinegar](#) adds a delicious nutty and almondy flavor to the nice cream and also when combined in the glaze. It can be replaced in the nice cream by a little almond extract but you will lose the slightly tangy flavor of the vinegar. The [Cherry Almond vinegar](#) is absolutely delicious as a drizzle and can be used without the Amaretto vinegar (although it will make the drizzle less nutty in flavor), just replace the Amaretto vinegar with additional cherry almond vinegar. There is no easy substitute for the Cherry Almond vinegar in this recipe.

* I love using the Runamok Maple syrup which is readily available in most [Oil & Vinegar](#) stores. For a little whimsy, use the Runamok Sparkle syrup to add a glittery finish!

Categories: Dessert, Gluten Free, Dairy Free, Vegetarian, Vegan, Sweets, Vegan Ice Cream, Nice Cream, Cherry, Cherry Almond Vinegar, Amaretto Vinegar, Runamok Maple Syrup, Healthy Dessert, No Bake Treat, Easy Treat, Fast Dessert