



Berry Delicious Ice Cream Cake

(Serves 6)

This ice cream cake was created for Jim's 2009 birthday. Wendi created it on the spot, marking down ingredient measurements in case it turned out better than just good. Well, it turned out GREAT, so we're happy to share it with you! Enjoy!



Cake Ingredients:

3 cups walnuts, finely ground (pulse in food processor until fine)
1/2 cup raw carob powder
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 cup agave
1/4 cup shredded coconut
3/4 very large banana, sliced into rounds

Directions:

Mix dry ingredients to create a tasty flour for your cake. Remove one cup of the dry mixture and set aside. To remaining dry mixture, add the agave and shredded coconut. Process until moist and crumbly. Don't over-process, or it will become too much like a thick paste.

In a cake pan or small rectangular baking dish, sprinkle some carob powder. The coating of carob powder keeps the cake from sticking to the pan. Then place crumbly moist cake mixture on top of the carob powder. Do NOT firmly press down. Gently move the crumbly mixture around until it is level on the top. Arrange sliced banana rounds on top of the cake.

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Ice Cream Ingredients:

1/4 large banana
10 ounces frozen berries (I used strawberries)
1/4 teaspoon salt
1/4 cup agave

Directions:

Process until the ice cream is smooth. If you don't have a powerful food processor, allow berries to thaw some before processing. Remove 1/4 cup of the ice cream and set aside. Place the remaining ice cream on top of the cake and sliced bananas.



Sprinkle remaining dry cake recipe on top of the ice cream. Gently pat it down. Use the remaining ice cream and some extra shredded coconut to decorate the top as you desire.

Place cake in freezer for a minimum of six hours, but overnight is best. Thaw for 1/2 to one hour before serving (although, KDcat cut into it when it was frozen and thoroughly enjoyed it without waiting for it to thaw).

Enjoy!