🌌Planetarium Space Nice Cream (Freeze-Dried Style)

By Nel

Ingredients

- 1 ½ cups full-fat coconut milk (from a can)
- 1 ½ cups oat milk or soy milk (unsweetened)
- ¾ cup sugar (or maple syrup for natural option)
- 1 Tbsp cornstarch (helps thicken)
- 1 Tbsp vanilla extract (or sub peppermint, strawberry, etc.)
- Pinch of salt

Optional: natural food coloring or cocoa powder for "Neapolitan stripes"

Instructions

Step 1 – Make Vegan Ice Cream

1. Whisk coconut milk, oat milk, sugar, cornstarch, and salt in a saucepan.
2. Heat gently until slightly thickened (just below boiling).
3. Remove from heat, stir in vanilla.
4. Chill completely, then churn in an ice cream maker (or freeze and stir every 30 minutes until creamy).

Step 2 – Prep for Freeze-Drying

1. Spread the finished ice cream in a parchment-lined tray, about ½-inch thick.
2. Freeze solid overnight.

Step 3 – Freeze Dry

- **With a freeze dryer (ideal):** Transfer frozen slabs to your freeze dryer. Run a full cycle (usually 24 hours). The result is crisp, lightweight "astronaut ice cream" you can break into squares.
- **Without a freeze dryer:** It won't be exact, but you can mimic by:
  - Freezing in slabs, then leaving in a frost-free freezer uncovered for 1–2 weeks to slowly sublimate moisture.
  - Or baking frozen slabs at the lowest oven temp (around 150°F / 65°C) for several hours until dry and crisp.

🪐 Serving & Variations

- Cut into bars or cubes for that planetarium vibe.

- Make Neapolitan layers: strawberry (add freeze-dried strawberry powder), vanilla, chocolate (cocoa powder).

- For a galaxy theme: swirl in blue butterfly pea powder and edible glitter before drying.