

Native wattleseed ice-cream with toasted macadamias

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Cool off this summer with this delicious wattleseed flavoured ice-cream.

Ingredients (Serves 6 to 8)

- 1 tbsp wattleseed, ground
- $\frac{1}{3}$ cup rice malt syrup or raw honey
- 2 x 400 ml cans coconut cream
- 1 x 400 ml can coconut milk
- 1 $\frac{1}{2}$ tbsp vanilla powder or essence
- $\frac{1}{2}$ cup macadamias, crushed

Method

Prepare the wattleseed by measuring out a tablespoon into a cup and adding a tablespoon of near boiling water then leave to soak for 5 minutes.

Place the wattleseed, rice malt syrup, coconut cream, coconut milk and vanilla in a blender and blend until smooth.

Pour the mixture into large zip-lock bags, squeezing out as much air as possible, and seal.

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Lay the bags on a baking tray or dinner plate and freeze until just frozen (approximately 2 hours).

Remove the zip-locks from the freezer and bend them to break up the mixture into small pieces.

Place the mixture in a food processor (in batches if needed) and process until smooth.

Spoon the ice-cream mixture into a 2-litre-capacity tin and freeze for 3 hours or until just frozen.

Toast the macadamias in a hot, dry pan for a few minutes until just golden, then sprinkle over the ice-cream to serve.

Recipes and food photography: Sally O'Neil, [The Fit Foodie](#).

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