Food Babe's Pumpkin Ice Cream Cake

Prep Time:	Cook Time:	Total Time:	Serves:
1 hr	45 mins	1 hr, 45 mins	8

https://foodbabe.com/not-your-baskin-robbins-pumpkin-ice-cream-cake

Ingredients:

- 3 cups flour

- 1 teaspoon sea salt

- 2 teaspoons baking soda

- 1 teaspoon ground nutmeg

- 1 ½ teaspoons ground cinnamon

- 1 teaspoon pumpkin pie spice

- ⅔ cup coconut flakes

- ⅔ cup coconut milk

- 1 cup coconut oil

- 2 cups pure pumpkin puree

- 6 dates, chopped

- 6 prunes, chopped

- 2 ripe bananas, peeled and sliced

- 1 teaspoon vanilla extract

- ¼ cup maple syrup - grade B

- 4 cups vanilla ice cream

- 2 cups dried cranberries

Instructions:

1. Preheat oven to 350° F and grease large baking dish (9×13).

2. Sit containers of ice cream out on counter to soften/melt.

3. In a large bowl combine dry ingredients (flour, salt, baking soda, salt, and spices).

4. In blender combine all sweeteners & liquid ingredients (pumpkin puree, coconut oil, coconut milk, dates, prunes, bananas, maple syrup and vanilla) – Blend until smooth.

5. Slowly stir and incorporate liquid mixture into dry ingredients – fold in dried coconut until moistened.

6. Pour batter into large greased baking dish.

7. Bake for 30 - 45 minutes – check doneness with a tooth pick (it will come out clean).

8. Allow cake to cool before starting assembly with ice cream.

9. In a 8×4 baking dish – layer bottom with soft or melted ice cream and sprinkle top with some cranberries.

10. Slice cake pieces to about ½ inch thick and layer on top.

11. Repeat layer of ice-cream, cranberries, and cake one more time until you end with ice cream on top, finish with cranberries and a sprinkle of pumpkin pie spice or cinnamon.

12. Freeze assembled cake for at least 4 hours.

13. Take cake out of the freezer for 5-10 minutes before serving and slice into thin pieces.

Notes:

- Recipe makes enough cake for 2 ice cream cakes (two 8×4 baking dishes). This is a perfect dish that can be made ahead a week or two before a holiday gathering!

- Please buy all organic ingredients if possible.