



Makes 2 cups
Preparation Time: 20 minutes
Cook Time: 3 hours 55 minutes

INGREDIENTS:

2 medium ube (purple yams),
peeled and quartered

½ of a banana, frozen (optional)

½ cup unsweetened, unflavored
plant-based milk

¼ cup pure maple syrup

2 teaspoons pure vanilla extract

Lemon juice, to taste

2 teaspoons shredded coconut,
toasted (optional)

Vegan Ube Ice Cream

Ube, aka purple yams, are a popular ingredient in Filipino cuisine and make for an eye-catching treat that instantly brings a smile to your face. This frosty vegan ice cream blends the colorful spuds with maple syrup, vanilla, and [plant-based milk](#) to create a delicious earthy-sweet flavor that will leave you licking your fingers for every last drop. Feel free to include the optional frozen [banana](#) to create a creamier texture so your nice cream resembles halo-halo, another classic Filipino dessert with a custardy composition. Sprinkle each scoop with shredded coconut to get a taste of island life with each scrumptious bite.

For more nice cream recipes, check out these tasty ideas:

- [Strawberry Nice Cream Sundaes](#)
- [Caramelized Pineapple Nice Cream](#)
- [Mexican Chocolate Nice Cream](#)
- Or take a look at our full [collection of nice cream recipes](#)

By Cleodia Martinez

- 1** Place yams in a medium saucepan; add enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes or until very tender; drain. Spread evenly on a parchment-lined baking sheet. Freeze at least 4 hours.
- 2** Transfer yams to a blender. Add frozen banana (if using), the plant milk, maple syrup, vanilla, and lemon juice. Cover and blend until smooth.
- 3** Spoon nice cream into bowls and top with shredded coconut (if using).