



# Chocolate Hemp Ice Cream

## INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Aquafaba	311.85	31.19	300.00
1	Glucose	31.19	3.12	30.00
1	White wine vinegar	7.28	0.73	7.00
1	Caster sugar	103.95	10.40	100.00
2	Chocolate (dark 85%)	415.80	41.58	400.00
2	Cocoa powder	51.98	5.20	50.00
2	Hemp cream (70%)	77.96	7.80	75.00
	TOTAL	1000.00	100.00	962.00

### Suitable For

- Vegan diet
- Vegetarian diet
- Lactose intolerant
- Gluten intolerant
- Halal diet

### Other Benefits

- From sustainable source
- Lactose free
- Dairy free
- Gluten free
- Nut free
- Soya free

### Potential Health Claims

- Protein
- PUFA's

### Method

1. Whip up stage 1 ingredients, aquafaba, glucose white wine vinegar and caster sugar to stiff peaks.
2. Melt stage 2 ingredient, chocolate in the microwave and add in the rest of the stage 2 ingredients, cocoa powder and hemp cream in the mixture.
3. Combine all stage 1 and stage 2 ingredients and add them to an ice cream maker.