

# Soy Nut Ice Cream

## Ingredients

1 cup soy nuts  
2 pounds tofu, soft  
1/2 (one-half) cup vegan sugar  
1 1/2 (one and one-half) cups soy milk  
1 teaspoon almond extract

## Method

In a food processor, grind soy nuts to a coarse consistency. Add tofu and sugar and blend. With the processor running, add soy milk and extract and process until mixture is smooth. Pour into an ice cream maker and process according to the manufacturer's directions. Yields one and one-half quarts.