

Foodnity Recipes

Rhubarb Almond Ice Cream with Frangipane

20 min Prep time	**15 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base Ice Cream

- [ ] 2 cups fresh rhubarb, diced
- [ ] 1/2 cup granulated sugar
- [ ] 1 tbsp lemon juice
- [ ] 2 cups unsweetened almond milk
- [ ] 1/4 cup honey
- [ ] Pinch of sea salt

Frangipane Swirl

- [ ] 1/3 cup almond flour
- [ ] 3 tbsp unsalted butter, softened
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract

Instructions

1. In a saucepan, combine diced rhubarb, sugar, and lemon juice; cook over medium heat until the rhubarb softens and breaks down, about 8-10 minutes.
2. Transfer the cooked rhubarb to a blender, add almond milk, honey, and a pinch of salt; blend until completely smooth.
3. Chill the purée in the refrigerator for at least 1 hour; this ensures even freezing later.
4. While the purée chills, make the frangipane: cream butter, then mix in almond flour, powdered sugar, and vanilla until a smooth paste forms.
5. If using an ice-cream maker, pour the chilled purée into the machine and churn according to manufacturer’s instructions. If not, pour into a shallow metal pan, freeze, and stir every 30 minutes for 2-3 hours.
6. When the ice cream reaches a soft-serve consistency, fold in dollops of frangipane, creating gentle ribbons. Transfer to an airtight container and freeze for another 2-3 hours.
7. Serve scoops topped with an extra drizzle of frangipane if desired. Pair with a fresh rhubarb sauce for an extra zing. zesty rhubarb sauce

Nutrition per serving

210 kcal	4 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the ice cream feels too icy, blend a splash of almond milk before the final freeze.
- Taste the rhubarb purée before adding honey; you may need less sweetness.
- For a smoother frangipane, sift the almond flour through a fine mesh.