

Sweet Potato Ice Cream



Serves	4
Prep time	4 hours, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Freezable , Ice Cream Maker , Pre-preparable , Serve Cold
Region	Japanese
Website	Michael Booth

Ingredients

- 150-200g sweet potato
- 50g white sugar
- 500ml low fat milk
- 2 tablespoons cornflour (wheaten)
- 1 1/2 tablespoon rice malt syrup
- Seeds from half a vanilla pod

Directions

1. Preheat the oven to 180°C.
 2. Bake the sweet potato in the oven (skin on) for about 45 minutes. Set aside and allow to cool.
 3. Peel and mash the sweet potato then push it through a sieve to remove any lumps.
 4. Mix the cornflour with a little bit of milk and set aside.
 5. Combine the rest of the milk, sweet potato, sugar and vanilla seeds in saucepan over medium heat until almost boiling, stirring constantly.
 6. Reduce the heat then add the cornflour and continue stirring until it thickens enough to coat the back of the spoon.
 7. Remove from the heat then stir in the rice malt syrup.
 8. Allow the mixture to cool then place in the fridge to chill for 2 hours.
 9. Pour into an ice cream maker and process as per the machines instructions.
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10. Serve immediately or allow to firm up a bit more in the freezer.



Note

Moderate Salicylates, Low Glutamates, Low Amines

If left in the freezer overnight this ice cream will go very hard, remove it from the freezer about 20 minutes before serving to allow it to soften a little.