

# Lifes A Peach Cocktail

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## DAIRY\_FREE PEACH ICE CREAM

3/4 cup frozen peaches, divided  
1/2 cup unsweetened vanilla almondmilk  
2 tablespoons organic wildflower honey  
2 tablespoons 100% pure maple syrup

## CINNAMON SIMPLE SYRUP

1/4 cup brown sugar  
1/4 cup water  
1/4 teaspoon ground cinnamon

## COCKTAIL

1 tablespoon fresh lemon juice  
2 tablespoons rum or bourbon  
2 tablespoons unsweetened vanilla almondmilk

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## DAIRY FREE WHIPPED TOPPING (optional)

1 tablespoon corn starch  
1 cup unsweetened vanilla almondmilk  
2 tablespoons organic wildflower honey  
1 teaspoon pure vanilla  
2 cups organic coconut oil, melted and cooled slightly

## Preparation Time: 10 minutes

## Freeze Time: 20 minutes

For the dairy-free ice cream: In a blender or food processor, combine 1/2 cup of frozen peaches, the almond milk, honey and maple syrup. Blend until smooth. Freeze until firm, about 15 to 20 minutes.

For the simple syrup: In a small pot over medium-high heat, combine the brown sugar, water and cinnamon. Whisk until the sugar is dissolved. Boil the mixture, stirring occasionally until thickened, about 5 minutes. Remove from the heat. Let cool. Set aside.

For the cocktail: In a blender, combine 1/2 cup of the peach ice cream, three tablespoons of the cinnamon simple syrup, one tablespoon of lemon juice, two tablespoons of rum and two tablespoons of almondmilk. Blend until smooth. Divide the cocktail between two glasses.

For the whipped topping: In a measuring cup or small bowl, dissolve the corn starch in soy or almondmilk. Add the honey and vanilla. Mix well. Pour the mixture into a blender set to HIGH. Slowly pour in the coconut oil. Blend until the mixture thickens, approximately 4 to 5 minutes. If using almondmilk, let stand an additional 5 minutes. Spoon the desired amount of whipped topping on top of the cocktail. Garnish with the remaining 1/4 cup of peaches.

*For added decadence, replace the dairy-free ice cream with reduced-fat peaches & cream ice cream. Top with whipped dairy topping and use cream wafer rolls for edible straws.*

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Per Serving (excluding unknown items): 142 Calories; trace Fat (0.1% calories from fat); trace Protein; 37g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.