

Pumpkin Kefir Cheese Ice Cream

Top with cinnamon toasted pumpkin seeds.



Ingredients for pumpkin kefir cheese ice cream:

- 1 cup pumpkin unsweetened, puréed or canned
- 1 tsp vanilla extract
- 2 cups heavy cream
- ½ cup maple syrup
- ¾ cup kefir cheese
- ½ tsp cinnamon ground
- ½ tsp ginger ground
- ¼ tsp celtic sea salt
- pinch nutmeg freshly grated

- 1 tbsp bourbon optional

Cinnamon Toasted Pumpkin Seeds

- 1 cup pumpkin seeds raw
- 1 tbsp butter melted
- 2 tsp whole cane sugar
- 1 tsp cinnamon ground
- 1 tbsp celtic sea salt

Place all ingredients for pumpkin kefir in blender and blend for 20 seconds. Pour into ice cream maker and freeze according to manufacturer's instructions. Top with cinnamon toasted pumpkin seeds.

Cinnamon Toasted Pumpkin Seeds

Preheat oven to 135 °C (275 °F). Wash pumpkin seeds by rinsing in a colander until the water runs clear,

picking out any remaining pieces of pumpkin. Drain well and pat dry with a paper towel.

Pile pumpkin seeds on the cookie sheet and drizzle melted butter over the pile of seeds. Sprinkle on the sugar, cinnamon, and a pinch or two of sea salt.

Gently toss seeds until evenly coated and spread the seeds out evenly on the cookie sheet.

Bake for approximately 30 minutes or until lightly toasted, stirring seeds every 10 minutes and checking for doneness each time. Remove from oven and let the seeds cool for a few minutes.

Remove seeds from cookie sheet and serve!

See more recipes [here](#).

Products used to prepare this recipe:



Cheese Maker

[Buy on Kefirko.com](https://www.kefirko.com)



[Organic Cane Sugar](#)

[Buy on Kefirko.com](#)



[Sea Salt](#)

[Buy on Kefirko.com](#)