

# Peanut Butter Chickpea Vegan Semifreddo



FOODSERVICE



---

SERVING SIZE: 20

---

## Ingredients

- 1 1/2 cups Aquafaba (Brine from can of **Furmano's Extra Fancy Chickpeas**)
- 1/2 cup Sugar in the Raw
- 1/2 teaspoon Cream of Tartar
- 1 cup **Furmano's Extra Fancy Chickpeas**, drained & rinsed
- 1 cup All Natural Creamy Peanut Butter, stirred
- 1/4 cup Sugar in the Raw
- 1 1/2 teaspoons Vanilla Extract

## In This Recipe



Pouch Extra Fancy Chick  
Peas (Garbanzo)



Extra Fancy Chick Peas  
(Garbanzo Beans)



## Preparation

1. In a stainless bowl over a pot of boiling water, add Aquafaba and Sugar. Stir, letting sugar dissolve. Remove from heat.
2. Transfer mixture into a stand mixer. Add cream of tartar and mix on high until the mixture looks like fluff. Transfer to a large bowl.
3. In a food processor combine Chickpeas, Peanut Butter, and Sugar and pulse until combined.
4. In the bowl with Aquafaba, whisk in Vanilla then the Chickpea Peanut Butter mixture, 1/3 at a time. Whisk until combined.
5. Once all ingredients are combined, cover bowl with plastic wrap and freeze in a freezer for at least 4 hours or overnight.

