

# ice cream sandwich vegan

**ice cream sandwich vegan** options have gained significant popularity as more consumers seek plant-based, dairy-free alternatives to traditional frozen treats. These delectable desserts combine the nostalgic appeal of classic ice cream sandwiches with the health-conscious and ethical benefits of vegan ingredients. This article explores the growing trend of vegan ice cream sandwiches, detailing their ingredients, nutritional benefits, popular brands, and homemade recipes. Additionally, it addresses common questions about vegan ice cream sandwiches and offers tips on how to enjoy and store these delightful treats. Whether looking for a store-bought option or planning to create a DIY version, understanding what makes an ice cream sandwich vegan-friendly is essential for making informed choices.

- Understanding Vegan Ice Cream Sandwiches
- Ingredients and Nutritional Benefits
- Popular Vegan Ice Cream Sandwich Brands
- How to Make Vegan Ice Cream Sandwiches at Home
- Storage and Serving Tips
- Frequently Asked Questions about Vegan Ice Cream Sandwiches

## Understanding Vegan Ice Cream Sandwiches

The concept of an ice cream sandwich vegan style revolves around replacing traditional dairy-based ice cream and animal-derived cookies with plant-based alternatives. Vegan ice cream sandwiches exclude all animal products, including milk, eggs, and honey. Instead, they use ingredients sourced from plants to replicate the creamy texture and rich flavors of classic ice cream sandwiches. Understanding what makes a sandwich vegan involves recognizing both the ice cream and cookie components as free from animal-derived substances. These desserts cater to individuals with dietary restrictions, lactose intolerance, or ethical preferences favoring animal welfare and environmental sustainability.

## Definition and Key Characteristics

An ice cream sandwich vegan version is characterized by its use of non-dairy ice cream, such as those made from almond milk, coconut milk, oat milk, or soy milk. The sandwich cookies are also crafted without eggs, butter, or other animal products, often utilizing vegetable oils, flaxseeds, or aquafaba as binding agents. Texture and taste are critical elements, as vegan sandwiches aim to match or exceed the sensory experience of traditional ice cream sandwiches. Moreover, the ingredient quality often emphasizes natural, organic components to enhance health benefits.

## Why Choose Vegan Ice Cream Sandwiches?

Choosing an ice cream sandwich vegan option aligns with various motivations, including dietary needs, ethical considerations, and environmental awareness. Plant-based desserts typically contain fewer allergens and can be lower in saturated fats compared to dairy-based versions. Environmentally, vegan ice cream sandwiches contribute to reduced greenhouse gas emissions and lower water usage. Additionally, these treats provide inclusivity for those following vegan or vegetarian lifestyles, allowing a wider audience to enjoy frozen desserts without compromise.

## Ingredients and Nutritional Benefits

The ingredients in an ice cream sandwich vegan are carefully selected to ensure both palatability and nutritional value. Plant-based milks and natural sweeteners replace dairy and refined sugars, while cookie components avoid animal-derived binders and fats. Nutritional content varies depending on the recipe or brand but generally aims to offer a balance of macronutrients and minimal artificial additives.

## Common Vegan Ice Cream Base Ingredients

Non-dairy ice cream bases commonly include:

- Almond milk – known for a mild flavor and low calories
- Coconut milk – offers rich creaminess and healthy fats
- Oat milk – provides a creamy texture with added fiber
- Soy milk – a protein-rich alternative with neutral taste
- Cashew milk – creamy with a slightly nutty flavor

Sweeteners such as organic cane sugar, maple syrup, or agave nectar are often used instead of refined white sugar to enhance flavor naturally.

## Vegan Cookie Ingredients

Cookies in vegan ice cream sandwiches typically use plant-based fats like coconut oil or vegetable oil in place of butter. Flours may be gluten-free or whole grain, and binding agents can include flaxseed meal, chia seeds, or aquafaba (chickpea water). Common flavorings include cocoa powder, vanilla extract, and spices to replicate classic cookie tastes.

## Nutritional Advantages

Vegan ice cream sandwiches offer several nutritional benefits:

- Lower in cholesterol and saturated fats compared to dairy-based sandwiches
- Potentially higher in fiber if whole-grain flours are used

- Free from lactose, suitable for lactose-intolerant individuals
- Often contain fewer artificial preservatives and colorings
- May include added vitamins and minerals from plant ingredients

## Popular Vegan Ice Cream Sandwich Brands

As demand for plant-based frozen desserts increases, numerous brands have introduced ice cream sandwich vegan products. These options vary in flavor, texture, and price, catering to a broad consumer base.

### Leading Brands in the Market

Several well-known companies specialize in vegan ice cream sandwiches or include them in their product lines, such as:

- So Delicious – known for coconut milk-based ice creams and vegan cookies
- Ben & Jerry's Non-Dairy – offers indulgent vegan ice cream sandwiches with creative flavors
- GoodPop – features palm-oil-free, organic vegan ice creams with cookie layers
- Nothing But Ice Cream – provides all-natural, dairy-free ice cream sandwiches
- Trader Joe's – carries affordable vegan ice cream sandwich options in select stores

### Flavor Varieties

Popular vegan ice cream sandwich flavors include classic chocolate cookie with vanilla or chocolate non-dairy ice cream, peanut butter cookie with chocolate ice cream, and seasonal varieties incorporating fruit or spice flavors. Many brands emphasize allergen-friendly formulations, offering gluten-free and soy-free options alongside vegan certification.

## How to Make Vegan Ice Cream Sandwiches at Home

Homemade ice cream sandwich vegan recipes provide flexibility in ingredients, allowing customization for taste preferences and dietary restrictions. Preparing these treats at home ensures control over sugar content, allergens, and ingredient quality.

### Basic Recipe Components

A simple homemade vegan ice cream sandwich requires two main components: vegan cookies and vegan ice cream. Vegan cookie recipes often substitute eggs with flaxseed or chia seed mixtures and use plant-based fats. Vegan ice cream can be store-bought or prepared using plant milk, sweeteners, and stabilizers like cornstarch or agar-agar for creaminess.

## Step-by-Step Preparation

1. Prepare vegan cookie dough and shape it into small rounds or rectangles.
2. Bake cookies according to recipe instructions until crisp but not overly hard.
3. Allow cookies to cool completely before assembly.
4. Soften vegan ice cream slightly to make spreading easier.
5. Place a scoop of vegan ice cream between two cookies and gently press together.
6. Wrap sandwiches in parchment paper or plastic wrap and freeze for several hours to firm up.

## Tips for Success

- Use parchment paper on baking sheets to prevent sticking.
- Chill cookie dough before baking for better texture.
- Handle ice cream quickly to prevent melting during assembly.
- Experiment with different plant-based milks for unique flavors.
- Consider adding mix-ins like vegan chocolate chips or nuts to cookies or ice cream.

## Storage and Serving Tips

Proper storage and serving techniques preserve the quality and enjoyment of ice cream sandwich vegan treats. These desserts are best kept frozen but require brief thawing for optimal texture.

### Storage Recommendations

Store vegan ice cream sandwiches in an airtight container or individually wrapped to prevent freezer burn and absorption of odors. Maintain a consistent freezer temperature below 0°F (-18°C) to keep texture intact. Homemade sandwiches generally last up to two weeks, while commercial products may last longer depending on packaging.

### Serving Suggestions

Allow sandwiches to sit at room temperature for 5 to 10 minutes before serving to soften ice cream slightly for easier biting. Vegan ice cream sandwiches pair well with fresh fruit, plant-based sauces like chocolate or caramel, or a sprinkle of nuts or shredded coconut. Serving on a small plate with a napkin enhances presentation and convenience.

# Frequently Asked Questions about Vegan Ice Cream Sandwiches

Consumers often seek clarity on ingredients, allergens, and availability concerning ice cream sandwich vegan options. Addressing common inquiries helps in making informed purchasing and preparation decisions.

## Are all ice cream sandwiches vegan?

Not all ice cream sandwiches are vegan. Traditional versions typically contain dairy milk, butter, and eggs. Vegan ice cream sandwiches specifically exclude all animal-derived ingredients and use plant-based substitutes.

## Can people with allergies eat vegan ice cream sandwiches?

While vegan ice cream sandwiches avoid dairy and eggs, they may still contain common allergens such as nuts, soy, gluten, or coconut. It is important to check ingredient labels or recipes for allergen information.

## Where can vegan ice cream sandwiches be purchased?

Many grocery stores, specialty health food stores, and online retailers stock vegan ice cream sandwiches. Availability varies by region, so checking local store selections or ordering online is recommended.

## Do vegan ice cream sandwiches taste different from traditional ones?

Modern vegan ice cream sandwiches are formulated to closely mimic the taste and texture of traditional sandwiches. While subtle differences exist due to ingredient variations, many consumers find them equally satisfying.

# Frequently Asked Questions

## What is a vegan ice cream sandwich?

A vegan ice cream sandwich is a dessert made by sandwiching dairy-free ice cream between two vegan-friendly cookies or biscuits, free from animal products like milk, eggs, and honey.

## What ingredients are typically used in vegan ice cream sandwiches?

Common ingredients include plant-based ice creams made from almond, coconut, soy, or oat milk, and cookies made without eggs, butter, or dairy, often using alternatives like coconut oil, flaxseed, or applesauce.

## **Are vegan ice cream sandwiches healthier than traditional ones?**

Vegan ice cream sandwiches can be healthier as they often contain less saturated fat and no cholesterol, but this depends on the specific recipe and ingredients used; some may still be high in sugar and calories.

## **Where can I buy vegan ice cream sandwiches?**

Vegan ice cream sandwiches are available at many health food stores, specialty vegan shops, and mainstream supermarkets with vegan sections; popular brands include Ben & Jerry's Non-Dairy and So Delicious.

## **Can I make vegan ice cream sandwiches at home?**

Yes, you can easily make vegan ice cream sandwiches at home by baking vegan cookies and using store-bought or homemade dairy-free ice cream as the filling.

## **What are some popular vegan ice cream flavors for sandwiches?**

Popular vegan ice cream flavors for sandwiches include chocolate, vanilla, mint chip, cookies and cream, and salted caramel, all made with plant-based milk alternatives.

## **Are all ice cream sandwiches vegan?**

No, not all ice cream sandwiches are vegan; most traditional ones contain dairy ice cream and cookies made with eggs or butter, so it's important to check labels or choose specifically vegan products.

## **How do vegan ice cream sandwiches stay frozen without dairy?**

Vegan ice cream sandwiches use plant-based fats and stabilizers like coconut oil, guar gum, or carrageenan, which help maintain texture and freezing properties similar to dairy-based ice cream.

## **Can people with lactose intolerance eat vegan ice cream sandwiches?**

Yes, vegan ice cream sandwiches are typically free from lactose since they contain no dairy, making them a suitable and delicious option for people with lactose intolerance.

## **Additional Resources**

1. *Vegan Ice Cream Sandwiches: Sweet Treats Without Dairy*

This book offers a collection of delicious and easy-to-make vegan ice cream sandwich recipes.

Featuring a variety of dairy-free ice creams paired with soft, chewy cookies, it's perfect for those looking to enjoy classic desserts without animal products. Each recipe includes tips for ingredient substitutions and allergy-friendly options.

## 2. *The Ultimate Vegan Ice Cream Sandwich Cookbook*

Dive into a diverse array of vegan ice cream sandwich creations, from fruity and refreshing to rich and chocolatey. The book emphasizes plant-based ingredients and natural sweeteners, ensuring treats that are both healthy and indulgent. You'll find step-by-step instructions for making your own vegan ice cream at home.

## 3. *Frozen Delights: Vegan Ice Cream Sandwiches for Every Season*

Celebrate every season with this vibrant cookbook dedicated to vegan ice cream sandwiches. The recipes incorporate seasonal fruits and flavors, making it easy to enjoy fresh, homemade vegan desserts year-round. The book also includes creative ideas for presentation and party treats.

## 4. *Sweet Vegan Treats: Ice Cream Sandwich Edition*

This title focuses on simple, quick vegan ice cream sandwich recipes perfect for beginners. Each recipe uses minimal ingredients and requires no specialized equipment, making it accessible for all skill levels. Alongside recipes, the book offers advice on sourcing vegan ingredients and storing your desserts.

## 5. *Decadent Vegan Ice Cream Sandwiches: Indulgence Made Healthy*

Explore indulgent yet wholesome vegan ice cream sandwich recipes that balance flavor and nutrition. The book features recipes using superfoods like avocado, coconut, and nuts to create creamy, satisfying desserts. It also discusses the health benefits of plant-based eating.

## 6. *Plant-Based Ice Cream Sandwiches: Vegan Recipes for Every Palate*

Catering to a wide range of tastes, this cookbook includes classic flavors and innovative, international-inspired vegan ice cream sandwich recipes. From matcha and black sesame to chocolate peanut butter, there's something for everyone. Detailed allergen information and vegan baking tips are provided.

## 7. *Homemade Vegan Ice Cream Sandwiches: From Scratch to Scrumptious*

Perfect for home cooks who love hands-on cooking, this book guides readers through making everything from scratch, including vegan ice creams and cookie bases. It emphasizes natural ingredients and homemade techniques to achieve the best textures and flavors. Tips for customizing recipes to suit dietary needs are included.

## 8. *Frozen Vegan Treats: Ice Cream Sandwiches and More*

Beyond just ice cream sandwiches, this book explores a variety of frozen vegan desserts, with a strong focus on ice cream sandwich recipes. It offers creative combinations and unique fillings to inspire your next dessert adventure. Nutritional information accompanies each recipe.

## 9. *Vegan Ice Cream Sandwiches for Kids: Fun, Easy, and Nutritious*

Designed with families in mind, this cookbook features kid-friendly vegan ice cream sandwich recipes that are both fun to make and delicious to eat. The recipes are simple, colorful, and use wholesome ingredients suitable for children. It also includes tips for involving kids in the kitchen safely.

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HOORAY FOR VEGAN ICE CREAM SANDWICHES! Nothing beats the marriage of crunchy cookies and luscious ice cream. Whether you're hosting a birthday bash, dinner party or just indulging yourself on a hot summer's day, homemade ice cream sandwiches are the perfect frozen treat. This book offers endless combinations of cruelty-free, decadent recipes to please any palate, including:  
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**ice cream sandwich vegan: At Home Végan Baking::** Isabella G. Harvey, 2025-06-24 At Home Végan Baking:: Beginner's Guide to Essential Sweets and Savory Baked Recipes With Healthy and Natural Ingredients. Have you ever wished you knew how to bake and prepare recipes, but had no idea where to start? In this comprehensive guide, we embark on a culinary adventure that will satisfy your sweet tooth, nourish your soul, and ignite your creativity. From soft, fluffy bread to decadent chocolates, from elegant pastries to comforting pies, this book is a treasure trove of plant-based delights that will leave you in awe of the endless possibilities of vegan baking. Here Is A Preview Of What You'll Learn... Understanding the Basics: Essential Ingredients and Substitutions Mastering Egg Replacements: Flaxseeds, Aquafaba, and Beyond The Sweetness Factor: Natural and Alternative Sweeteners Elevating Flavor with Spices and Extracts: From Vanilla to Cardamom Taking Gluten-Free Baking to the Next Level: Techniques and Recipes The Art of Vegan Cake Making: Moist Layers and Dreamy Frostings Pies and Tarts: Delicious Vegan Crusts and Fillings Cookies and Bars: Classic Treats Reimagined Breads and Rolls: Soft, Fluffy, and Yeast-Raised Delights Indulgent Vegan Pastries: Croissants, Danishes, and More Decadent Vegan Chocolates: From Truffles to Ganache Showstopping Cupcakes: Creative Flavors and Decorations And Much, much more! Take action now, follow the proven strategies within these pages, and don't miss out on this chance to elevate your mindset to new heights. Scroll Up and Grab Your Copy Today!

**ice cream sandwich vegan: Student's Vegetarian Cookbook For Dummies** Connie Sarros, 2011-05-12 The easy way to eat vegetarian on campus Vegetarianism is growing rapidly, and young adults?including college students?are leading the charge as more and more of them discover the many benefits to adopting a vegetarian lifestyle. However, there are limited resources for budget-conscious students to keep a vegetarian diet. Student's Vegetarian Cookbook For Dummies offers the growing population of vegetarian students with instruction and recipes for fast and fun vegetarian cooking. Personalized for students, it comes with quick-fix recipes, a variety of creative meal ideas, and money-saving tips. Plain-English explanations of cooking techniques and nutritional information More than 100 recipes for making vegetarian dishes that are quick, easy, and tasty Budget-conscious shopping tips When dining halls are inadequate and restaurants become too expensive, Student's Vegetarian Cookbook For Dummies has you covered!

**ice cream sandwich vegan: Cookies & Cream** Tessa Arias, 2013-05-14 Perfect for bakers and dessert lovers everywhere, ice cream sandwiches are delicious and fun to make. Although there are plenty of cookbooks about baking cookies and making ice cream, never before has there been a book that combines the two -- until now! This tasty little cookbook includes more than 50 winning



combinations like Strawberry Cheesecake, Red Velvet, Boston Cream Pie, and of course, Cookies and Cream. Also included are more than 200 for mixing and matching the cookies and ice cream for a new creation every time, information on assembling, equipment, and decorating, and delicious full-color photos throughout.

**ice cream sandwich vegan: Coolhaus Ice Cream Book** Natasha Case, Freya Estreller, Kathleen Squires, 2014 The owners of the ice-cream truck-turned-national brand share recipes for many of their most popular creations, from the bourbon Manhattan to strawberry gelato with snickerdoodles.

**ice cream sandwich vegan: Minimalist Baker's Everyday Cooking** Minimalist Baker, 2016-04-26 Husband-wife team Dana and John Shultz founded the Minimalist Baker blog in 2012 to share their passion for simple cooking and quickly gained a devoted following of millions worldwide. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Each recipe requires 10 ingredients or fewer, can be made in one bowl, or requires 30 minutes or less to prepare. It's a totally no-fuss approach to cooking that is perfect for anyone who loves delicious food that happens to be healthy too. With recipes for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts, Simply Vegan will help you get plant-based meals that everyone will enjoy on the table in a snap, and have fun doing it. With essential plant-based pantry and equipment tips, along with helpful nutrition information provided for each and every recipe, this cookbook takes the guesswork out of vegan cooking with recipes that work every time.

**ice cream sandwich vegan: *Minimalist Baker's Everyday Cooking*** Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

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**ice cream sandwich vegan: *Anything You Can Cook, I Can Cook Vegan*** Richard Makin, 2023-04-25 This vibrant and refreshingly witty cookbook demonstrates how to make simple yet undeniably delicious vegan meals. Whip up a variety of comfort-food classics from fluffy pancakes to cheesy chicken parmesan using all plant-based ingredients. You won't believe your taste buds while you enjoy recipes such as Blueberry and Cornflake Muffins, Tempeh Nuggets, and Burrito Bowls with Sofritas. Explore more than 100 recipes, tips on stocking a plant-powered pantry, and a recipe-finder quiz that will help you figure out what to make for dinner, a party, or yourself. Enjoy the many flavorful options in a vegan diet with *Anything You Can Cook, I Can Cook Vegan!* 100+ RECIPES: Expert author Richard Makin's light-hearted approach and detailed recipes ensure you'll never get bored and will have a meal ready for any occasion RECREATE COMFORT FOODS: From fried eggs to tres leches cake -- learn to make the foods you thought you could never have in a plant-based diet GREAT FOR EVERY SKILL LEVEL: Helpful labels define the difficulty of each recipe and a thorough Plant-Powered Pantry list will set you up for success INSPIRING IMAGES: Full-color photography of finished recipes will help ensure success.

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**ice cream sandwich vegan: Vegans Know how to Party** Nancy Berkoff, 2010-12-13 An excellent resource for anyone planning to put on a party for vegans who enjoy great food! As well as providing over 465 amazing vegan party recipes, chef Nancy Berkoff also gives readers invaluable lessons on how to prepare vegan 'ricotta', veloute, demiglace, bechamel and more! Also includes sections on using vegan ingredients, basic party planning, egg substitutes, hiring entertainment and more.

**ice cream sandwich vegan: The Vegan Stoner Cookbook** Sarah Conrique, Graham I. Haynes, 2013-09-03 A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of The Vegan Stoner food blog proves that going vegan can be fun, cheap, and easy. Cooking vegan doesn't have to be hard! This irreverent take on veganism proves that beginners and slackers alike can whip together yummy, filling meals with just a few ingredients and minimal time and effort. Foolproof recipes for breakfast, lunch, dinner, and muchies include Mean Green Smoothies, Aspara-Guy Sushi, Bahnwiches, Animal Cookies, Churro Chips, and more.

**ice cream sandwich vegan: The Vegan Guide to New York City** Rynn Berry, Chris A. Suzuki, 2007-11 The Vegan Guide to New York City--2008 is a comprehensive guidebook to the restaurants and shopping resources of New York City. Now in its fourteenth edition, The Vegan Guide has been praised by the New York Times for being a portable conscience, and by the New York Daily News for being a very complete guide. Authored by Rynn Berry, the historical advisor to the North American Vegetarian Society, it is written with panache, wit, and style. This item is Returnable

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**ice cream sandwich vegan: A New Take on Cake** Anne Byrn, 2021-11-16 Turn a cake mix into a cake masterpiece! Discover 175 decadent and quick modern recipes with from-scratch flavor from the bestselling author of The Cake Mix Doctor. Anne Byrn is known for her cake mix magic, and A New Take on Cake makes baking from a boxed mix as inspiring as it is easy—everything from vegan tortes to gluten-free cakes, doughnuts to cake pops, and whoopie pies to a wedding cake. All for snacking, celebrating, and everything in between! With 50 modernized classics and 125 brand-new recipes, no one will believe your Ice Cream Cone Cake, Vegan Chocolate Cake with Creamy Nutella Frosting, or Blood Orange Loaf with Campari Glaze were made from boxed mixes.

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**ice cream sandwich vegan:** The \$5 a Meal College Vegetarian Cookbook Nicole Cormier, 2013-04-18 Featuring simple instructions and more than 275 tasty recipes. Includes 100+ vegan recipes.

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**ice cream sandwich vegan:** *Loonyology* Charles Bronson, 2011-11-09 Lifer Charlie Bronson's reputation precedes him - 'Britain's most violent prisoner' - or does it? Do we really know the true Charlie, or are our impressions the result of media hype? Well, what is in no doubt is that Loonyology is 200% Bronson and will transport the reader on the dizziest no-holds-barred roller-coaster ride of their lives, from suspense and shock to laughter and tears, and from Bronson the 'Solitary King' to Bronson the Philosopher, the Poet, the Artist, the Author, the Joker, the Walking Scar and the Freedom Fighter. Now 55 years old, and having spent most of his last 34 years as a maximum security 'Bronco Zoo' inmate, he's a much wiser man as he looks back on his crazy journey of unpredictable behaviour, his ever-alert mind darting from reminiscences of his teenage years to memories of fellow-cons, the screws, the cranks, letters and news reports, prison life and procedures, and the overall madness ('loonyology') of the legal and penal systems, peppering his stories with diary entries, true gems of information, sound advice and hilarious one-liners. Together with his many supporters and with the aid of a top lawyer, Charlie is campaigning for the parole board to finally allow him his freedom, but begging is not his style: he calls a spade a spade and is determined to win with dignity, fighting with his pen and his brain to achieve his aim of a life outside 'the cage'. In his words: "I chose to be a villain. I'm not proud of it, nor am I ashamed of it. I have paid my debt to society and it's time to go home."

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