



VEGAN ICE CREAM!

dairy free, gluten free, banana free!

A lot of you requested a vegan ice cream that is banana free—so here it is! AND it uses NO machine! The base is coconut milk, so it is about as CLEAN of an ice cream as you can get. However, it's important to keep in mind that coconut is primarily fat, even if it is healthy fat— we must still consume it in moderation. The **banana ice cream** will be lower in fat and calories, however this recipe will be lower in carbs and sugar!

ICE CREAM BASE

- 1 15 oz can full fat coconut milk
- 1 15 oz can light coconut milk
- ¼-½ cup sweetener (to taste)
- 2 Tbsp coconut flour

PROCEDURE

- Chill your full-fat coconut milk in the fridge overnight. When ready to make ice cream, flip the can over, pour out the water (reserve for a later use) and transfer coconut meat to a bowl. Add additional base & flavor ingredients.
- Use a hand mixer to blend up the mixture until well combined.
- Transfer to the freezer for 3-4 hours.
- Allow to thaw slightly.



VANILLA

- 1 tsp vanilla extract
- 1 vanilla bean (or about ½-1 tsp paste)

NUTRITION

per ¼ cup (about 1 scoop, yields about 3 cups total)
 84 calories
 3g carbs
 8g fat
 0g protein



STRAWBERRY

- 1½ cup strawberry halves

NUTRITION

per ¼ cup (about 1 scoop, yields about 3 cups total)
 90 calories
 4g carbs
 8g fat
 1g protein



CHOCOLATE

- ⅓ cup cocoa/cacao powder

NUTRITION

per ¼ cup (about 1 scoop, yields about 3 cups total)
 90 calories
 4g carbs
 8g fat
 1g protein

Note: If you freeze your mixture overnight it may become too firm to scoop. Allow to thaw for 20-30 minutes, depending on how frozen it is. If you do have time, break up your frozen ice cream and use a spoon or fork to mix it well to a slush. Return to the freezer for about 30 minutes for a delightfully creamy texture.

