

Coconut Cookies & Cream Ice Cream



PREP TIME:
15 MINUTES

COOK/REFRIGERATE TIME:
4 HOURS

TOTAL TIME:
4 HOURS 15 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Equipment: Ice Cream Maker

**Put ice cream maker's bowl in freezer 1 day before making.*

Ingredients:

- 2 13.5 oz. Cans Full Fat Coconut Milk
- ½ Cup Maple Syrup
- ¼ Teaspoon Himalayan Sea Salt
- 1 TBSP Arrowroot Starch
- 2 Teaspoons Pure Vanilla Extract
- ½ Box Chocolate Crème Cookies - Crumbled (I used Goodie Girl Brand)

Instructions:

1. Pour both cans of coconut milk in medium saucepan. Add syrup and salt.
2. Warm up the mixture on medium heat around 1-2 minutes.
3. Add the cornstarch to the pot and gently whisk until completely combined.
4. Heat through until starts to thicken. Let the base thicken until starts sticking to the back of a spoon, around 5-7 minutes. Do not allow it to come to a boil.
5. Remove from heat and add the vanilla.
6. Pour contents into a shallow glass bowl. Let cool on the counter about 30 minutes before putting in fridge. Optional – cover milk base, lightly pressing down with saran wrap to avoid skin from forming.
7. Refrigerate 4-6 hours and up to 3 days.
8. Place frozen bowl into ice cream maker along with center paddle. Add coconut base to bowl and begin churning. Let churn for about 8-12 minutes. Mine was done around 10 minutes in – gets to be like a soft-serve texture. This is the time to add the cookie crumbles for that final churning.
9. Either serve immediately or pour into container. Cover ice cream with parchment paper and then lid. Store in freezer.
10. I find that all non-dairy ice cream needs about 5-7 minutes of thawing before scooping. Brings out the flavor and is a nice texture.

***Try and use all organic ingredients if possible.**