

# Vanilla Coconut Ice Cream



PREP TIME:  
5 MINUTES

FREEZE TIME:  
4 HOURS

MIX TIME:  
4-5 MINUTES

TOTAL TIME:  
4 HOURS 10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

## Ingredients:

- 2 13.5 oz. Cans Full Fat Unsweetened Coconut Milk 2 Cups for main base (***reserve remaining for adding at end***) ***Can cover and store in refrigerator***
- ¼ Cup Organic Pure Maple Syrup
- 1 TBSP Monkfruit or Sweetener Alternative (Xylitol, Honey, Coconut Sugar, Agave)
- 1 ½ teaspoon Pure Vanilla Extract
- Pinch Sea Salt

## Equipment:

- Vitamix or 64 oz. High-Capacity Blender/Food Processor
- Tamper for Vitamix (*comes with machine*)
- 2 Ice Cube Trays
- Glass container with lid for storage. (***can do several for portioning***)

## Instructions:

1. In a medium mixing bowl add 2 cups coconut milk, maple syrup, Monkfruit, vanilla, and sea salt.
2. Lightly stir with a whisk until combined.
3. Using a small ladle, carefully pour the liquid into ice cube trays. Freeze for a minimum of 4 hours.
4. After liquid is frozen in ice cube trays, pop out cubes directly into Vitamix.
5. Start on the lowest speed. Slowly add in the refrigerated & reserved coconut milk liquid to blender.
6. After adding all the liquid, turn up speed slowly to highest setting & blend until desired creamy texture.
7. Can serve immediately (fresh is amazing) or store in the freezer for up to 1.5 weeks. When frozen solid, allow to sit on counter about 10-15 minutes before serving.
8. ***As you feel more comfortable, get creative with mix ins:*** Can do swirled peanut butter with cacao nibs, add chopped strawberries, cherries, or raspberries. Get creative!

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

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