



Marjie C. Andrejciw, MT (ASCP) MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifefoodnutrition.net

Vanilla Coconut Milk Ice Dream

~8 servings

Ingredients:

- 1/3 cup cold purified water
- 2 teas unflavored gelatin or 3/4 teaspoon agar agar powder
- 1/4 cup honey, agave nectar, maple syrup, or coconut nectar, may add an additional 1 – 2 tbsps as needed for sweetness
- 1/4 - 1/2 teas stevia extract powder or 1/2 - 1 teas clear stevia extract liquid
- 1/8 teas finely ground, unrefined sea salt
- 3 1/2 cups (two 14-ounce cans) whole fat, unsweetened coconut milk
- 1 tbsp pure vanilla extract

PREPARATION:

1. Add 1/3 cup water to a small saucepan. Slowly sprinkle with gelatin or agar agar powder. Let stand for 2 to 5 minutes to soften. Warm over medium-low heat, without stirring, until gelatin or agar agar dissolves. Scrap the mixture into a blender, Vita-Mix, or food processor. Cover and process until smooth.
2. Add honey, stevia, and sea salt. Blend. Add the coconut milk and vanilla, and blend until smooth, stopping to scrape the sides with a spatula. For a sweeter taste, add an additional 1/8 teas stevia and/or 1 tbsp honey. Blend, taste, and repeat if needed.
3. Pour into one or more wide-mouth jars. Cover and refrigerate for at least 6 hours prior to churning.
4. Scrape the chilled custard into the canister of your ice cream maker. Churn according to the manufacturer's instructions.
5. Serve immediately or spoon into freezer safe containers. Cover and freeze for 3 or more hours for a firmer texture.
6. Variations: after processing in ice cream maker add either 1 cup of Enjoy Life mini chocolate chips or 3/4 cup course chopped pecans, process for 1 – 2 more minutes until blended.