

All-Natural Super Healthy Berry Ice Cream

Time to prepare: 15 minutes (+ 3 hours freezing time) | Serves 4

Vegan, Paleo, Dairy-free



Ingredients

2 small cans of full fat coconut milk*

2 1/2 cup of fresh berries

Optional: herbs, sea salt, vanilla extract, maple syrup...

Instructions

- In a blender, combine berries and coconut milk, as well as any other flavour enhancers.
- Blend until the desired consistency is reached - for chunkier ice milk with more bits of berry, blend for a very short amount of time.
- Pour mixture into a freezer-safe pan. A bread loaf pan is a good choice if you have one.
- Cover the mixture with parchment paper to prevent freezer burn.
- Allow to set for 2-3 hours, or until the desired consistency is reached.
- Scoop and enjoy!

*Coconut milk tips

- Find this canned product in the Asian for aisle of your grocery store.
- For an even creamier ice cream, put your coconut milk in the fridge overnight before you prepare the recipe. This will cause the milk to separate from the cream. Open the can and discard the water, using only the thick, rich coconut cream in your recipe.

Notes

Want your ice cream faster? Use frozen berries and the coconut cream hack suggested above to make instant ice cream. You'll need a higher-powered blender to manage the frozen fruit.