

Toasted Coconut Almond Ice Cream

Toasted Coconut Almond Ice Cream

Ingredients:

1 Cup Heavy Cream

½ C Unsweetened Coconut-Almond Milk (can use almond or plain coconut milk, too.)

200 ML Coconut Cream (about 7 oz...I use Kara Coconut Cream...no carbs!)

4 oz water (to collect the rest of the coconut goodness in the coconut cream box! And only if you add a scoop of KetoFUEL)

1 C Sweetened Condensed Coconut Milk/Cream (recipe on the Keto-Joys recipe.)

½ tsp WP sea salt

4 Tablets of WP Mineral caps

1 tsp Coconut Extract

1 scoop KetoFUEL (optional)

1 C sweetened, toasted sliced almonds – drizzled in melted chocolate

½ C toasted coconut flakes (unsweetened!!)

¼-1/2 C Lilly's chocolate chips, melted

Instructions:

Combine all ingredients into a blender. Blend until smooth. Pour mix into a countertop ice cream machine and churn for about 10-12 minutes until mixture starts to set-up. Add the almonds and coconut flakes...maybe some chocolate chips. Churn for about 10 more minutes or until set up. Another option...drizzle melted chocolate chips or ganache into ice cream. Allow to harden before stirring into ice cream. Repeat until all chocolate is incorporated. Freeze until firm. Enjoy!!

Recipe by Food Connoisseur Becky Gaisford (29)