



amy's coconut milk ice cream

2 cans regular coconut milk
1 medium ripe banana, mashed
1 tsp vanilla extract
¼ cup honey

Optional add-ins:

Flaked Coconut
½ cup Almond Butter
Cinnamon
Dark Chocolate
Cocoa powder
Coconut extract

Mix the coconut milk in a mixing bowl to remove any lumps. (If the coconut milk is separated in the can, pour the contents of both cans into a small saucepan and warm over low heat until it comes together. Pour the coconut milk into the mixing bowl and place in the fridge until it cools off.)

Whisk in the mashed banana, vanilla extract and honey until well blended. Stir in any add-ins you like and pour entire contents into the base of your ice-cream maker. Turn on and let churn until the mixture is thick and creamy – about 20-30 minutes depending on your machine. Then place the thickened mixture into a container and place in the freezer for another 20 minutes or so to solidify the mixture a bit more.

If you do not have an ice-cream maker, you can pour the mixed contents into a shallow dish and place in the freezer until solid. It will not have quite the same texture, but will still taste great!

Serves 8

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