COCONUT VANILLA ICE CREAM

Servings 4

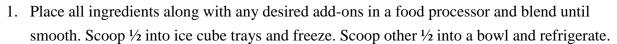
INGREDIENTS

- 1 14oz can coconut milk
- 1/3 cup coconut nectar or honey or date syrup
- 2 tsp. vanilla extract
- 2 tsp. lemon juice
- 1 avocado or banana
- 3 Tbls unsweetened shredded coconut

Optional Flavor add-ons

- 3 Tbls cacao or cocoa powder
- 3 Tbls Goji or other favorite berries
- Other Fruit

INSTRUCTIONS



2. When ready to eat, blend cubes and chilled cream in a food processor until smooth. Add favorite ice cream toppings!

NOTES:

- Leftover ice cream will keep frozen about 2 weeks before turning icy.
- Note that using avocado will turn the color green so you may want to make it a chocolate flavor add cocoa powder if the green is not appetizing to you.

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