

# 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

1. Place all ingredients along with any desired add-ons in a food processor and blend until smooth. Scoop ½ into ice cube trays and freeze. Scoop other ½ into a bowl and refrigerate.
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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