

Vanilla Coconut Milk Ice Cream (Dairy free Goodness)

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Serves: 6

Ingredients

- 2 14 ounce cans of full fat coconut milk or 3.5 cups of coconut milk or cream
- $\frac{1}{3}$ - $\frac{1}{2}$ cup of honey or sweetener of choice (to taste)
- 2 tablespoons vanilla extract



Instructions

1. Combine the ingredients, whisking to get the honey to combine with the coconut milk, or simply blend in a blender.
2. Make into ice cream according to the directions on your ice cream maker.
3. You can serve as a soft serve right away, or ripen in the freezer for a few hours and serve.

Notes

Will last a week or two in the freezer. I like to use an alcohol based vanilla extract as it seems to help keep the ice cream from getting as hard. If left overnight or longer in the freezer, leave out at room temperature for about 15 minutes to soften.

Recipe by The Nourishing Gourmet at <http://www.thenourishinggourmet.com/2010/07/vanilla-coconut-milk-ice-cream-dairy-free-goodness.html>