

Store the ice creams in an airtight plastic container so they keep!

lia's coconut ice cream

Covered in chocolate & coated with almonds or pistachios
I swear the one coated with almonds tastes like an almond magnum!

Ingredients:

- 1 can full fat coconut milk
- 1 table spoon sweetener of you're choice - xynatol is natural and tastes the best
- 1 teaspoon of vanilla bean or vanilla bean paste
- ½ teaspoon coconut essence
- 1 tablespoon desiccated coconut
- 1 naturally sweetened low carb chocolate bar - look in the health aisle
- nut's of your choice - either almonds or pistachios - crush about 3 table spoons



Method:

1. Combine coconut milk, sweetener, vanilla & coconut essence in blender- combine and pour you're mixture into a plastic air tight container and freeze for about 2 hours- then take out the mixture and blende the mixture again- this time adding the desiccated coconut- blend and then pour the mixture into individual ice-block molds- Freeze up to four hours until completely frozen.
2. Melt the chocolate bar- in a heat proof bowl over boiling water on the stove- make sure to still the chocolate so it doesn't burn.
3. Take the ice creams out of the freezer and let them sit a while so you can pull them out of the ice block mold's-
4. Remove from the heat once it's melted, let it cool just a bit- but don't let it set.
5. Take out one ice cream at a time and quickly coat it with the melted chocolate- A spatula can help- then quickly coat the chocolate with you're crushed nuts- and place the ice cream straight into the freezer on a place and move to you're next one.

Make sure to let them sit a while before you eat them!

Recipe & image by Lia Jones