



## Mint Chip Ice Cream (Dairy Free)

Active Time: 15 minutes | Total Time: 5 hours | Serves: 12

### Nutrition Information Per Serving

156.1 calories, 14.89 g carbohydrate, 1.01 g fiber, 8.55 g NET carbs, 4.06 g protein, 10.73 g fat

#### Ingredients

- 3 cup(s) Pacific Organic Unsweetened Almond Milk (Plain)
- 8 Tbsp(s) Tropical Source Semi-Sweet Chocolate Chips
- 4 Tbsp(s) Emerald Forest Xylitol
- 12 drop(s) SweetLeaf Vanilla Crème Liquid Stevia
- 1/8 tsp(s) Bob's Red Mill Gluten Free Xanthan Gum
- 3/4 tsp(s) Frontier Organic Mint Extract
- 1 cup organic raw cashews

#### Preparation

1. Soak cashews in filtered or spring water for 3 hours or overnight. Rinse and drain.
2. Add all ingredients except chocolate chips to blender or VitaMix. Puree till smooth.
3. Pour puree into ice cream machine with chocolate chips and follow manufacturer's instructions.
4. Keep frozen.

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