



Pumpkin Cheesecake Ice Cream

Active Time: 15 minutes | Total Time: 3 hours | Serves: 4

Nutrition Information Per Serving

144.8 calories, 10.18 g carbohydrate, 3.54 g fiber, 6.64 g NET carbs, 1.67 g protein, 12.55 g fat

Ingredients

- 16 Tbsp(s) Aroy D Coconut Milk
- 1/8 tsp(s) SweetLeaf Stevia Extract
- 1 cup So Delicious Coconut Plain Greek Style Yogurt
- 1/2 tsp(s) Simply Organic Pumpkin Pie Spice
- 1/2 cup(s) canned organic pumpkin
- 1 tsp organic cinnamon

Preparation

1. Combine all of the ingredients in a blender, Vitamix or food processor. Blend until smooth.
2. Pour mixture into ice cream maker and follow the manufacturer's instructions for freezing.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.