



Coffee Ice Cream

Active Time: 30 minutes | **Total Time:** 8 hours | **Serves:** 8

Nutrition Information Per Serving

178.6 calories, 7.35 g carbohydrate, 0 g fiber, 7.35 g NET carbs, 1.67 g protein, 16.82 g fat

Ingredients

- 48 Tbsp(s) Aroy D Coconut Milk
- 1/8 tsp(s) Real Salt
- 2 Tbsp(s) Coconut Secret Raw Coconut Nectar
- 1/4 tsp(s) SweetLeaf Stevia Extract
- 1 cup organic coffee, double strength
- 1 tsp organic vanilla extract
- 1 ounce Kahlua
- 2 tsp(s) unflavored gelatin

Preparation

1. Add the coffee to a medium saucepan. Simmer to reduce to $\frac{1}{2}$ cup.
2. Sprinkle the coffee with gelatin. Warm over low heat, without stirring, until gelatin dissolves.
3. Spoon the coffee mixture into a blender and blend until smooth.
4. Add the coconut nectar, sea salt and stevia. (NOTE: Be sure to start with a small amount of stevia and increase to taste) Blend to combine.
5. Add the coconut milk, vanilla, and Kahlua, if using. Blend well.
6. Pour into a glass container. Cover and chill for 6 hours to create a custard-like texture.
7. Pour into freezer bowl of ice cream maker and follow manufacturer's instructions.
8. Place into freezer until firm, about 2 hours.

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