



ALMOND COCONUT MILK ICE CREAM

- Calories:398
- Carb:39.1g
- Fat:26.8g
- Protein:2.9g
- Prep time:5
- Chill time:8 hours
- Servings:5
- Category: Dessert

INGREDIENTS

- 400ml full fat coconut milk
- 200g dates
- 50g almonds
- Pinch salt

DIRECTIONS

01

Pit the date, soak the date and almonds in the coconut milk overnight or 20-30 minutes.

02

Put the ingredients in a blender or food processor and process until smooth.

03

Pour the ice cream mixture in a loaf tin and freeze for a few hours.

04

Whisk the ice cream 2-3 times during the freezing hours. Place at room temperature before serving.