

# Toasted Coconut Ice Cream

Recipe by Lynsey Walker from Joyous Health

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## Ingredients:

- 2 can full fat coconut milk
- ½ cup coconut sugar
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- pinch of salt
- ½ cup coconut flakes, toasted

## Instructions:

1. Combine coconut milk, sugar, and coconut oil in a pot. Gently heat over medium heat until mixture thickens slightly and sugar is completely dissolved (about 5-10 minutes).
2. Remove from heat and stir in vanilla extract and salt. Check sweetness and adjust as needed.
3. Transfer to a large mixing bowl, cover and chill in the fridge for at least four hours, preferably overnight.
4. While mixture is chilling, freeze bowl for ice cream maker. When mixture is ready place into ice cream maker bowl, and churn according to maker directions. About 2 minutes from the end add toasted coconut flakes.
5. Transfer to a freezer proof container and freeze for at least four hours before enjoying.