

Dairy-free Blueberry Ice Cream

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3 cups frozen or fresh blueberries
- 1 can (400mL) full fat coconut milk
- 1 tsp vanilla extract
- 1/4 cup unsweetened shredded coconut
- 2-3 tbsp maple syrup
- Optional: 2 spoonfuls of coconut butter/manna

Instructions:

1. Place all ingredients into a blender. Give a blitz until creamy. Pour into a parchment lined or greased loaf pan or square 8x8 pan.
2. Freeze overnight or for up to 4-6 hours. Remove from freezer and let sit for 10-30 minutes before scooping out ice cream depending on how frozen it is. Enjoy!

Notes:

Serves 6-8 Coconut butter/manna can be found in the health food store or sometimes it's in the natural foods section of a regular grocery store. It is optional in case you can't find any. I add it for an extra bit of creaminess! The texture is somewhere between a sorbet and gelato/ice cream. If you want it more creamy, I would suggest using 2 cans of ONLY the full fat cream from coconut milk and NOT the coconut water in the can. This would yield a more creamy texture. You can also remove the shredded coconut but I like the texture it provides.