

## *Dairy Free Milk Chocolate Ice Cream*

*By Krista Smith, FNTF*

You must try this gelato-like, light chocolate ice cream.  
This is keto, lower carb and dairy and sugar free.  
It reminds me of a Wendy's Frosty!



Prep time: About 5 minutes

Processing time: 10 minutes, plus more for churning and freezing

Serves 5

### **For the ice cream:**

2 cans full-fat organic coconut milk (I like Native Forest Simple brand!)

1/3 C Swerve confectioner's style sweetener

1 dropperful liquid stevia (or another 1/4 C Swerve)

1 T unflavored grass-fed gelatin powder (I like Great Lakes brand)

1/3 bar (about 33g) Montezuma's Absolute Black Chocolate (or other 100% cacao bar), broken into chunks

1 vanilla bean, scraped OR 2 tsp vanilla extract

Pinch of sea salt

### **Procedure:**

Put all ice cream ingredients in a blender. Run at high speed for 10 minutes, until the mixture becomes frothy. Chill in the fridge for an hour. Pour into an ice cream maker and churn according to manufacturer's directions.

Once ice cream is done, eat right away for soft serve or freeze for about an hour to make it more scoop-able. Ice cream will harden quite a bit when frozen. Take out about 30 minutes prior to consuming to soften enough to scoop.

Macros per serving:

Calories: 319

Protein: 4.6g

Carbs: 14g

Fat: 31g