

# Keto Coconut Coffee Ice Cream

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Your180health.com

Prep time: About 5 minutes

Processing time: About 8 minutes, plus churning and freezing

Serves about 6



## For the ice cream:

1 can full-fat coconut milk

1 can coconut cream

1/3 heaping cup Swerve confectioner's style sweetener

¼ C Trader Joe's Coconut Coffee Concentrate (or any strongly brewed coffee)

1 T unflavored gelatin (I like Great Lakes brand)

1 T vanilla extract

Pinch of sea salt

## Procedure:

Put all ice cream ingredients in a blender. Run at high speed for about 8-10 minutes, until the mixture becomes a frothy. Chill for an hour. Pour into an ice cream maker and churn according to manufacturer's directions.

Once ice cream is done, eat right away while soft or freeze for about an hour. 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: 311

Protein: 4.2g

Carbs: 3.5g

Fat: 30g

<https://www.your180health.com/post/keto-coconut-coffee-ice-cream>