



### *Strawberry Coconut Ice Cream (Dairy and Sugar Free)*

Serves 2-4 | Prep Time: 10 minutes | Freeze Time: 4-5 hours

12 oz strawberries, fresh or frozen (by weight)  
28 oz coconut milk (full fat, organic)  
1 tsp vanilla extract  
3-4 packets NuNaturals NuStevia NoCarbs Blend

In a blender, combine the strawberries, coconut milk, and vanilla extract and blend until very smooth. Using frozen strawberries will help the ice cream to freeze faster.

Add three packets of stevia, blend, and taste. If you would like additional sweetness, toss in the fourth packet and mix.

Pour the batter into your ice cream maker and follow the appliance's freezing instructions.

Like most homemade ice creams, this one has the consistency of soft serve when finished and gets very hard after spending time in the freezer. In the latter case, leave it out on the counter for ten or fifteen minutes to soften before serving.

*\*\*If you **do not have an ice cream maker**: you can freeze the batter for 30 minutes and blend. Repeat this process up to 5 times to get desired consistency.*

*This recipe was submitted by a patient. We hope you like it!!*