



The Wholeness Chef

Chocolate Ice Cream (dairy free)

My chocolate ice cream is dairy free, but don't let that fool you. It's still just as creamy as the real stuff, so those who are dairy intolerant and those who love dairy will still love this recipe just the same. My boys absolutely love this and so does the rest of our neighborhood, so we hope you enjoy it too.

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

3 1/2 cups full fat canned Organic Coconut Milk (two 14 oz cans)
1 cup Milk Alternative (almond milk, hemp milk, rice milk, cashew milk)
1 cup packed, pitted Medjool Dates
3 tbsp Maple Syrup
1/2 cup Cocoa Powder
1 tbsp Vanilla Extract
2 tbsp Brewed Coffee or Espresso
1/8 tsp Salt
1/2 tsp Guar Gum

Directions:

1. Add all ingredients to a high-powered blender and blend until completely smooth.
2. Transfer to a measuring cup and place in the fridge for at least 2 hours or the freezer for one hour.
3. Transfer to an ice cream maker and follow manufacturer's instructions.
4. After churned, you can enjoy it now for soft-serve ice cream or transfer to a freezer-safe container and freeze.
5. If serving later, let thaw on counter for 5-10 minutes before serving. Add toppings like chopped nuts, fruits or fruit sauce.