



Premium Coconut Vanilla Ice Cream

1 can (14 ounces) coconut milk or cream
¼ cup coconut oil (optional)*
2 ½ Tbsp. sugar
Dash of salt
1 egg, beaten
1 Tbsp. vanilla

Combine coconut milk, coconut oil, sugar and salt in saucepan. Cook over medium heat, stirring occasionally until mixture almost boils. Reduce heat to low. In a bowl beat egg. Gradually stir about ½ cup of hot coconut milk into the beaten egg. Slowly stir this egg mixture into remaining hot coconut milk. Cook over low heat, stirring constantly until slightly thickened, about 2 to 3 minutes. Stir in vanilla. Remove from heat and let cool. Use the blender or ice cream maker method to finish.

* Coconut oil gives the ice cream a richer, creamier taste and texture, especially if you use coconut milk. It can be omitted if you use coconut cream.

Reduced Sugar Coconut Vanilla Ice Cream

Follow the directions for making either of the two Coconut Vanilla Ice Cream recipes but reduce sugar to 4 teaspoons or less and add a dash or two of stevia. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



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