

Dairy & Gluten Free Old Fashioned Strawberry Ice Cream

Servings: 6

Prep time: 1.5 hrs

Cook time: 1 hr

INGREDIENTS

OLD FASHIONED STRAWBERRY ICE CREAM

1 batch of COLD homemade
sweetened condensed milk

2 cans of COLD coconut milk

2-3 cups of frozen strawberries

1/4 teaspoon of salt

1/4 cup of lemon juice

Ice for the ice cream maker if
needed

HOMEMADE SWEETENED CONDENSED MILK

2 cans of coconut milk

1 & 1/2 cups of sugar

1/2 teaspoon of vanilla extract

1/4 cup of original coconut milk

2 Tablespoons of Benefiber
(optional-improves blood sugar)

2 tablespoons of cream of tartar

1 tablespoon of organic plant-based
protein



DIRECTIONS

Before You Start

- First, put your ice cream churner bowl in the freezer at least 2 or more hours before you make your ice cream or the day before.
- Chill 2 cans of coconut milk in the refrigerator. If short on time, put them in the freezer for about an hour.

Homemade Sweetened Condensed Milk

- In a large pot add 2 cans of coconut milk, 1 & 1/2 cups of sugar, and 1/2 teaspoon of vanilla extract.
- Bring the pot to a simmer over medium heat.
- Once the mixture begins to simmer, immediately turn the heat down to low.
- While the milk simmers, stir intermittently. As the milk cooks down and thickens, you will see the milk mixture look less foamy. It will also begin to stick to the stirring utensil and the sides of the pot.

Directions continue on the next page



Recipe by: Cheri Moore

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DIRECTIONS

- Allow it to continue simmering on the stovetop for one hour stirring every 5 to 10 minutes.
- Remove the pot from the stove and allow it to cool completely for around a half hour. While it is cooling prepare the thickener.
- First, measure out 1/4 cup of original coconut milk into a small measuring cup or bowl.
- Next, add 2 Tablespoons of cream of tartar, 1 Tablespoon of vanilla protein powder, and 2 Tablespoons of Benefiber (optional).
- Stir until everything is incorporated. It will be a little clumpy and that's okay.
- Add the thickener to the pot of cooled milk and stir.
- Pour the homemade sweetened condensed milk into a bowl and allow it to chill in the fridge overnight or in the freezer for an hour or so until it is time to churn the ice cream. It needs to be COLD before you begin churning the ice cream.

Prepare the Strawberries

- Now you need to prepare your strawberries. If you are using fresh strawberries, then you need to wash, dry, and remove the green tops before freezing them. The berries must be frozen prior to putting them in the ice cream. You need 2-3 cups of strawberries.

How to Make Old Fashioned Strawberry Ice Cream

- Pour two cans of COLD coconut milk into a blender and blend until smooth.
 - Now remove half of the coconut milk from the blender to make space to blend 2-3 cups of frozen strawberries.
 - Blend the strawberries and coconut milk until it is smooth.
 - Pour all of the coconut milk and blended strawberries into the churner bucket.
 - Add a 1/4 teaspoon of salt and 1/4 cup of lemon juice. Stir.
 - Place the churner in the bucket and put the lid on it.
 - Place the churner bucket into the ice cream maker.
 - Next layer the ice and a half cup of rock salt.
 - Continue layering until the ice cream maker is full.
 - Churn according to your ice cream maker's instructions until it is thick and creamy.
 - Serve immediately for a soft serve ice cream or allow it to set up some in the freezer for firmer ice cream.
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