

Strawberry and Coconut Ice Cream

Makes about 4 cups (½ cup per serving)



Ingredients

3 cups strawberries, cut in halves

1 cup whole milk

¾ cup powdered sugar

1 teaspoon vanilla extract

1 ½ cups heavy cream

½ cup coconut milk

Directions

With an ice cream maker

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. In a high-speed blender, add the strawberries, milk, and powdered sugar.

3. Blitz until you get a smooth and creamy mixture. Blend for about 3 minutes.
4. Pour the mixture in a bowl and stir in the vanilla extract, coconut milk, and heavy cream. Mix until combined.
5. Cover the mixture with plastic wrap and let the mixture cool in the refrigerator for at least 2 to 12 hours.
6. Pull out the ice cream mixture from the refrigerator and stir a few times.
7. Install the frozen ice cream maker bowl and pour the mixture into the ice cream maker.
8. Connect the machine and press ice cream and the start button.
9. When the cycle is finished, transfer the ice cream to an airtight freezer-safe container or serve right away. The ice cream will be soft and creamy. If you like a harder texture, allow the ice cream to freeze for 2 hours or more before serving.

Without an ice cream maker

1. In a high-speed blender, add the strawberries, milk, and powdered sugar.
2. Blitz until you get a smooth and creamy mixture. Blend for about 3 minutes.
3. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan and stir in the vanilla extract, coconut milk, and heavy cream. Mix until combined.
4. Place it in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mixer, beat the ice cream for 1 minute.
5. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the ice cream is hardened. If at any point, the ice cream is too hard to beat, place it in the refrigerator until it becomes soft enough to beat.
6. Serve right away or transfer the ice cream to an airtight freezer-safe container.

Nutrition per Serving

Calories 386, fat 26 g, carbs 37 g, sugar 32 g

Protein 4 g, sodium 47 mg