

Reduced Sugar Coconut "Ice Cream"

INGREDIENTS

1 can (13.5 oz) unsweetened coconut milk	OR	
		1/2 tsp liquid stevia extract
2 cups coconut milk beverage		(can increase to 1 tsp to taste)
1/4 cup sugar		1 tsp guar gum
1/4 tsp pure stevia extract powder (can increase to 1/2 tsp to taste)		1/8 tsp salt

1. Combine the coconut milk, coconut beverage, sugar, base amount of stevia, guar gum and salt in a blender. Cover and whirl at top speed until thoroughly blended, about 2 minutes; taste and add additional stevia in small increments as needed.
2. Place the blender jar in the refrigerator and chill for 1 hour. Remove from the refrigerator and pulse the mixture to incorporate. Pour the mixture into an ice cream maker and process according to the manufacturer's directions.
3. To store the ice cream: Transfer to a plastic container with a tight-fitting lid. Place a piece of plastic wrap on top of the ice cream, cover, and freeze. To serve, allow the ice cream to soften slightly at room temperature.

Yields: 1 quart

Source: Reprinted with permission from the Dairy-Free & Gluten-Free Kitchen (Penguin Random House)