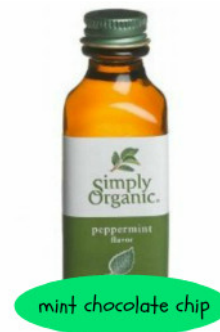


Food Babe's Homemade Coconut Milk Ice Cream - Mint Chocolate

Chip

Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	20 mins	25 mins	10



<https://foodbabe.com/how-to-make-coconut-milk-ice-cream>

Ingredients:

- 14 ounces full fat coconut milk
- 3 bananas, frozen
- 1 pinch sea salt

Mint Chocolate Chip Flavor

- 2 teaspoons peppermint extract
- 1/3 cup raw cacao nibs

Instructions:

1. Combine base ingredients in blender and blend until smooth.
2. Add liquid flavorings (extracts) into blender and blend again.
3. Pour mixture into ice cream machine and turn on.
4. Mix for at least 20 mins or until ice cream is formed.
5. Stir in raw cacao nibs.
6. Best served immediately, if stored in freezer, place back into ice cream maker to make smooth and creamy again.

Notes:

- Choose all organic ingredients if possible.