

The Best Sugar-free Chocolate Coconut Ice Cream

All the Pleasure and Decadents of Ice Cream - But Without the Guilt

Serving - 1 Quart of Ice Cream

Ingredients:

2 ounces of dark chocolate
1/3 cup unsweetened cocoa powder
1 can coconut milk (is about 1 1/2 cups to 1 3/4 cups coconut milk)
1/2 cup to 3/4 cup monk sugar. *(If you want it sweet use 3/4 cups if you do not want it so sweet use 1/2 cup)*
2 large eggs
1 cup heavy or whipping cream
Salt (optional)
Vanilla (optional)

Directions:

Crack the eggs and quickly beat them

Melt the 20 ounces chocolate in microwave (stir constantly) or on double boilers on the stove top.

As soon as chocolate is melted put the eggs into the hot mixture and mix together quickly.

Then add to the egg and chocolate mixture to the cocoa powder, monk sugar, coconut milk, then blend together. Add in the cream as the final ingredients and then blend them all together. Do not over blend.

Cover and refrigerate the mixture for about 1 to 3 hours or until very cold.

Transfer the mixture to the ice cream maker and follow the manufacturer's instructions.

We strongly suggest that you serve the ice cream almost immediately after making it due to the nature of the monk fruit sugar during freezing overnight will freeze very solid.