

chocolate peanut-butter swirl ice cream



ingredients

1 can good quality, full-fat
coconut milk

1/4 C coconut oil

1/4 C shredded unsweetened
coconut*

5 T cocoa powder

2 T vanilla

5 T honey

1/4 tsp salt

directions

Blend in blender 2-4 times until very frothy and creamy.

After it's half-way frozen (approximately 2-3 hours) stir in 1/4 -
1/2 cup peanut butter.

Freeze for 2-3 more hours.

Serve.

notes

*optional - use shredded coconut only if you have a high-speed blender

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