

Sweet Potato Ice Cream

6 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

2 Sweet Potato (purple, halved)
1 cup Canned Coconut Milk (full fat, refrigerated overnight)
2 tbsps Maple Syrup
1/2 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	126	Carbs	14g
Fat	7g	Protein	1g

DIRECTIONS

- 01 Boil the sweet potatoes for 30 to 45 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from water and remove the peel.
- 02 Scrape the coconut cream from the top of the can into a blender. The cream should have separated from the coconut water after being refrigerated. Set the coconut water aside for use in smoothies or freeze for future use. Add the sweet potatoes, maple syrup and vanilla extract. Blend until smooth, scraping down the sides as needed.
- 03 Transfer to an airtight, freezer-safe container and freeze for at least one hour before scooping. Enjoy!