



STRAWBERRY COCONUT ICE CREAM

	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	1 gm Jell-O® sugar free strawberry gelatin powder	0.3 (+0.3 gm fat)
Fat	12.3 gm canola oil	3 (+0.3 gm)
	----- 12 gm coconut oil	----- 3
Carbohydrate	4.3 exc dried, unsweetened coconut	1.3 (-1.95 gm fat)

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Warm the measured heavy cream in a small saucepan.
- Sprinkle the strawberry gelatin into the warmed heavy cream while continuously whisking. Avoid pouring into a mound (otherwise it will clump), sprinkle in small increments all around the pan to avoid clumping.
- Whisk thoroughly for about 15 seconds.
- Add the coconut oil, canola oil, and dried coconut to the warm ingredients.
- Stir to combine.
- Pour the mixture into a freezer-safe container and freeze for a minimum of two hours before serving.

VARIATIONS

- The coconut and/or canola oil can be omitted.
- The dried coconut flakes can be adjusted or omitted as desired.
- Other carbohydrates can be used such as pureed strawberries or sugar free chocolate chips.
- Other flavors of sugar free gelatin can be used.
- This recipe is ideal for dessert after a meal. Adjust accordingly to fit into individual meal plan.