

Sweet Potato Ice Cream

6 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	126	Calcium	21mg
Fat	7g	Iron	0mg
Carbs	14g	Vitamin D	0IU
Fiber	1g	Vitamin E	0mg
Sugar	6g	Vitamin B6	0.1mg
Protein	1g	Folate	5µg
Potassium	221mg	Vitamin B12	0µg
Vitamin A	6148IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

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!

NOTES

LEFTOVERS

Freeze for up to one month. Thaw at room temperature for about 30 to 60 minutes before scooping.

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Coconut chips, shredded coconut, sprinkles, crushed nuts or melted chocolate drizzle.

NO PURPLE SWEET POTATO

Use purple yam or any sweet potato instead.

