

## Dairy Free Chocolate Mint Ice Cream



In a medium-large saucepan, combine:

- 1 cup full fat coconut milk
- 2 tablespoons tapioca starch
- 1/4 teaspoon xanthan gum
- 3/4 cup Xylitol
- 1 teaspoon peppermint extract

Whisk well to combine. Stir over medium heat until the xylitol is dissolved and the tapioca has thickened the mixture. Remove from heat.

Whisk in:

- 2 cups ice cold coconut milk

Pour the custard base into a mixing bowl and placed it in the fridge to chill. The colder the mixture is before you add it to the freezing canister of the ice cream maker, the better.

Put the mixture into the ice cream maker and churn for 25-30 minutes.

Near the end of churning add in:

- 2 oz chopped Sugar-free Simply Lite Dark Chocolate Bar

Churn till stirred through.

Pour the ice cream into freezer containers; cover and freeze. For best flavor, soften ice cream slightly before serving.

Makes about 5 cups.