

Blueberry Coconut Milk Ice Cream. (No gluten, soy, dairy)

INGREDIENTS:

- 1 can unsweetened coconut milk (13.5 ounces)
- 1/3 cup agave (more to taste). You could also use maple syrup, coconut syrup, or honey.
- 1 teaspoon pure vanilla extract
- 3/4 cup blueberries (fresh or frozen), mashed to release their juices yet still chunky.
- 1/4 cup vodka

DIRECTIONS:

- In a large bowl, mix together the coconut milk, agave and vanilla with a hand mixer for 2-3 minutes until the mixture is totally smooth.
- Chill the mixture for at least 2 hours. The mixture will thicken a bit.
- Turn on your ice cream machine. Pour the chilled mixture into the freezer bowl and let mix until thickened, about 20-30 minutes, depending on the coldness of your ice cream machine. During the last 10 minutes, add in the mashed blueberries and vodka.
- Transfer the soft ice cream to ice cream containers or another freezer safe (and odor-safe) container. Freeze for 2 hours to allow the texture to firm further or serve right away as soft-serve.