

Paleo Mint Chocolate/Carob Chip Ice Cream

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Serves: Makes about 2 cups of ice cream

This dairy-free, honey-sweetened paleo ice cream relies on a surprising ingredient for color and a silky texture: avocado! But don't worry, you won't end up with ice cream that tastes like guacamole. It just lends creaminess and the bonus of healthy fats.

Ingredients

Carob chips:

- ½ Cup coconut butter, [available here](#) (not to be confused with coconut oil)
- 3 Tablespoons coconut sugar, [available here](#)
- 3 Tablespoons carob powder, [available here](#)
- 2 ½ Tablespoons coconut oil

Ice cream:

- 1 (14 oz) can full fat coconut milk, [recommended brand here](#)
- 1 Teaspoon pure vanilla extract
- 1 Teaspoon pure peppermint extract
- 6 Tablespoons honey
- 1 Medium Hass avocado
- Pinch of sea salt

Instructions

1. **Use the homemade carob chips in this recipe or substitute a heaping ½ cup of [dairy free chocolate chips](#). The carob chips make this recipe autoimmune-paleo friendly.**
2. **For the carob chips** Fill a small pot with 1-2 inches of water over medium-high heat. Set a medium sized bowl over the pot (the bowl should be big enough so that the water is not touching it).
3. Place the ½ Cup coconut butter in the bowl, stirring as it melts. If the water is boiling rapidly, reduce the heat. Whisk the carob powder and coconut sugar into the melting coconut butter. Whisk in the coconut oil.
4. Once the mixture is melted and combined, remove the bowl from the pot and turn off the heat. Line a small freezer-safe dish with parchment paper or use a [chocolate bar mold](#). Pour the carob mixture into the mold/dish and freeze until set (15-20 minutes).
5. **For the ice cream** Place all of the ice cream ingredients into a blender and blend until smooth.
6. Pour the mixture into your ice cream maker and churn per its instructions.
7. While the ice cream churns, remove the carob bars from the freezer. Roughly chop the carob into "chocolate chunk" pieces and reserve ⅓ of the chips. Store the remaining chips in the freezer.
8. When the ice cream has thickened and has about 5 minutes left to churn, pour the ⅓ cup of carob chips into the ice cream.
9. Scoop the finished ice cream into a freezer safe container. I use a metal loaf pan lined with parchment paper. Freezer for 2-4 hours for a hard ice cream texture. Enjoy straight from the ice cream maker for a soft serve texture.

Recipe by Empowered Sustenance at <https://empoweredsustenance.com/paleo-mint-chocolate-chip-ice-cream/>