Carlene's Vegan Cookies & Ice Cream Dessert

2 Cans Coconut Milk pinch of salt
1/2 cup sugar 1 Tbs Arrowroot
1 tsp Vanilla 25 oreos

Procedure

- 1 Bring 1 can of milk to a boil with the sugar, salt & arrowroot & stir till dissolved.
- 2 When cooled add the vanilla & chill in the fridge for about 2 hours.
- 3 You might want to wait to add the oreos just before putting into the ice cream maker, so they can be more chunky
- 4 I have a Cusinart, so I add the mix to a frozen churn & churn for about 25 min.

Servings: 8

Yield: 1/2 cup per serving

Nutrition Facts

Serving size: 1/8 of a recipe (5.4 ounces).

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Amount Per Serving	
Calories	426.48
Calories From Fat (73%)	311.43
	% Daily Value
Total Fat 29.67g	46%
Saturated Fat 21.94g	110%
Cholesterol 0mg	0%
Sodium 13.82mg	<1%
Potassium 289.15mg	8%
Total Carbohydrates 15.51g	5%
Fiber 1.07g	4%
Sugar 27.08g	
Protein 3.16g	6%

Recipe Tips

Approximately 14 oz per can of coconut milk so this should make 8 servings.

3 One Healthy Recipe

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