

# Holly's Homemade Coconut Milk Ice Cream

1 can coconut milk  
2 Tbs. Agave nectar, or to taste  
1-2 bananas  
2 cups almond milk (available in grocery store or make your own)  
2 cups fresh or frozen berries

Combine bananas, berries, almond milk, agave nectar in blender and blend on high for 1-2 minutes. Add coconut milk and the remaining ingredients in ice cream container. Pour into an electric hand churning ice cream maker. Add layers of rock salt and ice around ice cream container. Work the ice cream for about 30 min. – 1 hr. Can serve as soft serve and freeze the remainder.

Variations: 1/4 - 1/2 cup cocoa powder for chocolate ice cream (in place of berries).

Make your own almond milk: blend 1 Tbs. Almond butter with 1 c. water in blender til well mixed. For creamier ice cream, add another can of coconut milk! Sometimes I just use coconut milk and agave!

Low Glycemic, Gluten- Free

Holly Stokes, "The Brain Trainer," Wellness Coach:  
[www.Lightenup.me](http://www.Lightenup.me)