

Chocolate Ice Cream {Dairy Free & Low Carb}



Course	Dessert
Prep Time	5 minutes
Total Time	5 minutes
Servings	2
Calories	318 kcal
Author	Brenda Bennett Sugar-Free Mom

Ingredients

- 1 can coconut milk
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon chocolate stevia
- pinch salt
- optional: cacao nibs

Instructions

1. Mix ingredients in blender.
2. Carefully pour mixture into an ice cream machine and follow manufacturers instructions.
3. Serve immediately.

Recipe Notes

Weight Watchers PointsPlus: 8

Nutrition Facts

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Amount Per Serving (1 g)

Calories 318 Calories from Fat 257

% Daily Value*

Total Fat 28.6g **44%**

Saturated Fat 25.6g **128%**

Cholesterol 0mg **0%**

Sodium 64mg **3%**

Total Carbohydrates 9.1g **3%**

Dietary Fiber 2g **8%**

Sugars 5.1g

Protein 3g **6%**

* Percent Daily Values are based on a 2000 calorie diet.