

Strawberry Ice Cream (Low Carb, Dairy Free, and Gluten Free)

Ingredients

- 2 cans (13.5 oz) coconut milk
- 16 oz frozen strawberries
- 1/2-3/4 cup equivalent sweetener (I used [Swerve](#)—sweeten to taste)
- 1/2 cup chopped fresh strawberries (optional)
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Instructions

1. In a blender combine all the ingredients, except for the fresh strawberries, and blend until smooth. Place the mixture in your ice cream maker and process according to the manufacturers directions.
2. Add the strawberries right before the ice cream is done to combine.
3. Serve immediately or place the ice cream in the freezer for 1-2 hours to harden.

Notes

Net Carb Count*:

Low Carb Strawberry Ice Cream: 6.6 net carbs for each 1/2 cup serving (not including fresh strawberries—makes about 5 cups of ice cream)

*Note carb counts are estimated based on the products I used. Check nutrition labels for accurate carb counts and gluten information.

<http://holisticallyengineered.com/2012/09/paleo-strawberry-ice-cream-low-carb.html>