

KJ's Ice Cream Base

THM-Friendly: S

- 1 cup unsweetened cashew milk (you can use almond if you prefer)
- 1 cup unsweetened canned coconut cream (don't worry, this doesn't taste like coconut ice cream. You can replace with 3/4 cup almond milk and 1/4 cup heavy cream if you prefer)
- 1/2 cup frozen okra
- 1 Tbsp. THM Super Sweet
- 1 tsp. vanilla extract
- 1 pinch of mineral salt
- 1 tsp. MCT oil
- 2-3 Tbsp. unsweetened nut milk (for blending, after frozen)

Blend all ingredients VERY well; you DO NOT want okra bits left behind. Pour into a Ninja Creami container (OR ice cube trays if you don't have a Creami). Freeze for 24 hours.

After 24 hours, if using a Ninja Creami: Run through one "LITE ICE CREAM" cycle. Add 2 Tbsp. unsweetened nut milk, then run through the "RE-SPIN" cycle.

After 24 hours, if using a blender: Process in a blender (or food processor) until it resembles snow. Add 2-3 Tbsp. unsweetened nut milk. Blend low and slow until smooth. Do not over-blend.

Ice Cream Maker: Use as instructed.

enJOY!

