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Chocolate Peanut Butter Nice Cream

YMCA of Northern
Rock County

**Nice cream is simply ice cream without milk or dairy, so everyone can enjoy it!
Plus, it's sugar-free, no-churn, and quick and easy to make!**

Servings: 6 (approx. 1/2 cup each)

Ingredients:

- 1 13.5-ounce can full fat coconut milk
- 1/2 cup creamy peanut butter (no sugar added)
- 1/3 cup coconut oil (measured solid, then melted)
- 1/4 cup cocoa powder
- 1/2 cup low-carb powdered sugar (such as powdered monk fruit sweetener with erythritol)
- 1 pinch sea salt, option

Directions:

1. Puree all ingredients in a powerful blender or food processor, until smooth.
2. Pour mixture into a 1 1/2 or 2 quart (2 liter) parchment paper-lined glass freezer-safe container. Cover and freeze for 30 minutes, then stir well, especially stirring away from the sides into the center. Cover and freeze for 30 more minutes and stir again. Cover and freeze for 2-3 more hours, until firm.
3. Chocolate peanut butter nice cream is the best consistency after freezing for 3-4 hours. If storing for longer, simply thaw on the counter for about an hour to soften before eating.

Nutritional Information:

Calories: 362
Fat: 35g
Carbs: 8g
Protein: 6g



This recipe is provided to you
by Y Personal Trainer,
Kelly Jones



Recipe courtesy of:

https://www.wholesomeyum.com/chocolate-peanut-butter-nice-cream-recipe/?utm_source=Biblio&utm_campaign=Biblio