

Swanson Coconut Pistachio Ice Cream

0.4 cups unsweetened coconut milk
0.1/2 cup Swanson Pure Fructose
0.1/4 teaspoon coconut extract (optional)
0.1 1/2 cups Swanson Organic Coconut Shreds
0.1/4 cup Swanson Organic Pistachios, chopped

Directions:

1. Combine coconut milk and fructose, stirring to dissolve the fructose.
2. Stir in pistachios, 1 cup of coconut shreds and coconut extract.
3. Chill in freezer, stirring occasionally until hardened, or prepare in an ice cream maker according to the manufacturer's directions.
4. Toast remaining 1/2 cup of coconut shreds. Top ice cream with toasted shreds before serving.

Try this! This is one recipe that won't leave you bored. Change it up by using other Swanson Products. Instead of pistachios, add in 1/4 cup of any of these other Swanson nuts: Swanson Organic Cashews Swanson Organic Almonds (toasted) Swanson Organic Walnuts You can also substitute the coconut flakes with: 1 cup Swanson Organic Figs 1 cup Eden Foods Montmorency Cherries And for all chocolate lovers out there, put in Swanson Organic Cocoa to get it as chocolatey as you like! Makes 12 servings. Serving size 1/2 cup.

Nutrition Facts

Per Serving: 262 calories, 3g protein, 21g fat, 20g carbohydrates, 1g fiber, 7mg sodium