

Coconut Bliss Ice Cream

To all of those out there who have an ice cream maker. This recipe is really simple and tastes just fabulous.

Mix together the following ingredients:

1 can coconut milk (go for the whole, not the light)

1 1/2 cups soy or rice milk

1/4 to 1/3 c. honey

1-2 teaspoons vanilla extract

Turn the ice cream machine on, add your ingredients to the already chilled container, and enjoy your ice cream in 30 minutes. It is so easy; it is a reason to buy an ice cream maker if you don't have one.

From Jessie Black, N.D.