

4 Ingredient Vegan Chocolate Ice Cream (Author Brandi Doming)

Prep Time 10 minutes

Total Time 10 minutes

Servings 4 cups

Ingredients

- 3/4 cup (170g) cooked mashed and packed orange sweet potato
- 2 cups (480g) room temp lite canned coconut milk, shaken first
- 1 1/2 cups (283g) dairy-free semi-sweet chocolate chips (1 used 1 whole 10 oz Enjoy Life bag)
- 1/2 tablespoon (7g) vanilla extract
- 1/4 teaspoon fine salt

Instructions

1. Prick the skin of the sweet potato with a fork. Bake it at 400 degrees with skin still on until very soft. If using the microwave, 6-8 minutes on high. Do not steam or boil it, as too much water will get into the potato. Let it cool a few minutes.
2. Peel the skin off and completely mash it *really* well with a fork. No chunks or skin. Pack it in the measuring cup (3/4 cup). Add it to a blender. Add the coconut milk, vanilla and salt. Don't blend yet.
3. Melt chocolate chips in the microwave or double boiler. Heat until 90% melted. Remove from heat and stir until completely melted.
4. Add the melted chocolate to the blender and blend the ingredients on high for a minute or so until completely smooth.
5. If you have an ice cream maker use it to freeze the ice cream.
Without an ice cream maker: Add your blended ice cream to an ice cream storage container and place in the freezer. Remove and stir it up every 30 minutes until it is firm (about 2 hours).

Nutrition per 1/2 cup: 244 calories, 14.8g fat, 3.5g protein, 28g carbs, 3.1g fiber, 18g sugar, 81mg sodium

NOTES:

- I have only tested this ice cream using the Enjoy Life mini chocolate chips so if you use another brand or different chocolate, it may alter the taste/texture. Make sure you are using a semi-sweet chip that contains cocoa butter. Use the correct weight (grams) amount to ensure accurate results. The lite coconut milk is key to this ice cream as it has the right amount of fat and creaminess for excellent texture, as well as NOT leaving any coconut taste, since it is the light. Do not use full-fat, as that will make it too creamy since the chocolate chips contain so much cocoa butter.
- Tip on freezing: Each time you let ice cream sit out and thaw, you encourage ice crystals to form. So, you can freeze the ice cream base in individual servings and just take out your serving each time you want some ice cream. Or, when removing the ice cream to thaw, the condensation that forms underneath the lid, make sure to wipe that each time so it doesn't refreeze and drop ice crystals into your ice cream.