

Strawberry and Peach Ice Cream

- **To Prepare The Ice Cream Base**

Combine the coconut cream (without coconut water), the creamer (or milk) and dates and blend until smooth. Add vanilla and salt according to taste (optional).

- Then add the frozen peaches, blend until smooth and creamy.
- Transfer to the ice cream maker and churn until it thickens and is about the consistency of soft-serve ice cream.

- **Prepare The Strawberry Sauce**

Blend the strawberries (frozen, fresh and freeze dried) plus dates in a blender until smooth. The freeze dried strawberries have a concentrated flavor and fresh strawberries will remove the necessity to add any liquid. Chill.

- Transfer half of the ice cream base into a freezer-safe container. Dollop half of the strawberry sauce on top and swirl it through the ice cream. Repeat with the remaining ice cream and sauce.
- Freeze for 3-4 hours until it hardens enough to create scoops. Or overnight for hard-packed ice cream.

Recipe from:

<https://healthytasteoflife.com/6-whole30-ice-cream-desserts-dairy-free-paleo/>

Total time: 3 1/2 hrs. (includes freezing time)