

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Guilt-Free Ice Cream*

### **Ingredients:**

- ♥ 1 cup unsweetened almond milk
- ♥ 2 packets of stevia
- ♥ 1 tsp vanilla extract
- ♥ 1/2 tsp xanthan gum
- ♥ 1/3 cup unsweetened almond milk



### **Instructions:**

Mix the 1 cup of almond milk, stevia packets, and vanilla extract. Pour this into ice cube trays and allow it to fully freeze; it'll take around 1.5-2 hours or more. (I usually just freeze it around 5-6 pm if I know I want some, then make it at 11 pm for dessert).

When you're ready to have ice cream, place the ice cubes in a blender with the xanthan gum and 1/3 cup more almond milk. No fancy blender or ice cream maker needed. Seriously, I have the cheapest, dinky \$20 blender I could find.

Blendddddd. Then blend some more. Stay patient with this; the longer you blend it, the thicker it gets. It takes me about 5 minutes of blending, stirring, blending, stirring, blending... Eventually it hits a point where you just KNOW it's done – the thickness becomes perfect. It'll blend without jamming, but it blends SLOW and THICK.

Scoop it out with an ice cream scoop or a large spoon and enjoy!

Compliments of Eat Your Heart Out Edibles

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