

[PALEO & AIP FREEZER STASH SESSION]

3 ICE CREAM FLAVORS

PINA COLADA
CHERRY "CHOCOLATE"
"CHOCOLATE" CHIP



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making three different Paleo and AIP-friendly ice creams as a healthy snack or fun treat.

HOW MANY SERVINGS DO THESE MAKE?

Each ice cream flavor makes approximately 3 servings.

HOW LONG CAN THESE BE STORED?

These ice creams can be stored in the freezer for up to 3 months. (They don't go bad after 3 months, they just start tasting more like "freezer" and get freezer burn.)

HOW LONG DOES THIS SESSION TAKE?

This session will take less than ten minutes of hands-on time for each ice cream.

If you're making all 3 together it should take about 20 minutes total, including ingredients gathering and cleanup. **Do note there is prep time involved the day before though*

This makes it a great session to pair with another long session, like the 3 Granolas Session (while the granolas are baking). You could even do this PLUS a few seasoning mixes from the 4 Seasoning Mixes session as well.



SHOPPING LIST

FOR THE PINA COLADA ICE CREAM

- 2 frozen bananas
- 2 cups frozen Pineapple Chunks
- 1/2 cup Coconut Milk (or Tigernut Milk, or other dairy-free milk of choice if not on AIP)

FOR THE CHERRY CHOCOLATE ICE CREAM

- 1 Avocado (ripe)
- 2 cups Frozen Cherries
- 2 tablespoons Carob Powder (or Cacao/Cocoa powder if not on AIP or as a Stage 1 Reintro)
- 2 tablespoons Maple Syrup or Honey

FOR THE "CHOCOLATE" CHIP ICE CREAM

- 3 frozen Bananas
- 1 recipe Carob Chips (1/2 cup Chocolate Chips if not on AIP or as a Stage 1 Reintro)
- 1/2 cup Coconut Milk (or Tigernut Milk, or other dairy-free milk of choice if not on AIP)

FOR THE HOMEMADE CAROB CHIPS

- 1/4 cup Coconut Oil (melted)
- 1/4 cup Carob Powder
- 1 tablespoon Maple Syrup or Honey

ORDER OF OPERATIONS

1: ****THE NIGHT BEFORE

Break apart all 5 bananas into small chunks and place on a baking sheet, baking dish or plate and freeze overnight.

To make the Carob Chips, in a small bowl add:

- 1/4 cup Coconut Oil (melted)
- 1/4 cup Carob Powder
- 1 tablespoon Maple Syrup or Honey

Mix ingredients until smooth. Scoop the mixture onto a parchment-lined plate and spread it out with the back of a spoon until it's about ¼ inch thick. Freeze overnight.

2: THE DAY OF: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your ingredients for easy access. Gather the following equipment:

- Food processor or high speed blender
- measuring spoons
- 3 freezer safe containers

3: PREP THE PINA COLADA ICE CREAM

To your food processor add:

- 2 Frozen Bananas (broken into pieces)
- 2 cups Frozen Pineapple Chunks
- 1/2 cup Coconut Milk or milk of choice

Blend for several minutes, stopping every so often to break up chunks and scrape down the sides. It will take at least 3-5 minutes to get creamy. Once creamy, either serve (it will be a soft-serve texture) or put into a freezer-safe container and freeze for at least 3 hours.

4: PREP CHOCOLATE CHIP ICE CREAM

Pull out the carob chip mixture from the freezer and cut into chunks with a knife.

Without cleaning your food processor, add:

- 3 Frozen Bananas (broken into pieces)
- 1/2 cup Coconut Milk or milk of choice

ORDER OF OPERATIONS CONT.

4: PREP CHOCOLATE CHIP ICE CREAM (CONTINUED)

Blend for several minutes, stopping every so often to break up chunks and scrape down the sides. It will take at least 3-5 minutes to get creamy.

Once creamy, sprinkle the carob chips (or chocolate chips if using those instead) over the surface of the ice cream, then pulse several times to break the chips up and incorporate them into the mixture.

Then either serve (it will be a soft-serve texture) or put into a freezer-safe container and freeze for at least 3 hours.

5: PREP THE CHERRY CHOCOLATE ICE CREAM

To your food processor add:

- 1 ripe Avocado
- 2 cups Frozen Cherries
- 2 tablespoons Carob Powder (or Cacao/Cocoa powder if not on AIP)
- 2 tablespoons Maple Syrup or Honey

Put all of the ingredients into a food processor or blender and blend for 1-2 minutes until creamy, stopping every so often to scrape down the sides.

Once creamy, either serve (it will be a soft-serve texture) or put into a freezer-safe container and freeze for at least 3 hours.

5: STORE & ENJOY LATER

These 3 ice creams can be stored in the freezer for up to 3 months.

To enjoy from frozen, let the ice cream sit out at room temperature for a few minutes before scooping and serving.

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