

Pineapple Coconut Ice Cream

Prep Time 0 mins
 Total Time 0 mins
 Meal Type Breakfast,Lunch,Dinner,Snack,Side
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 6



Ingredients

lb,c g,ml

- 1 1/2 lb pineapple, frozen chunks
- 1 1/2 cup coconut cream, canned
- 3 Tbs maple syrup
- salt, *pinch*
- 1/4 cup coconut flakes, unsweetened

Directions

Prep

1.

Make

1. Add frozen pineapple to your food processor and pulse a few times to create smaller chunks.
2. Add coconut cream, maple syrup, and a pinch of salt to your food processor. A wide base blender can work well too.
3. Process, pulsing frequently, until smooth.
4. Serve immediately as soft serve topped with coconut or pour into ice pop molds for a frozen hand-held treat.

Notes

Add a pinch of cardamom or cinnamon for interest.

Make this dessert extra special by slicing a banana lengthwise and filling it with scoops of ice cream.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	264	Total Fat 14.7g	22%	Total Carbohydrates 30g	10%
		Saturated Fat 14.3g	71%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 25g	
		Cholesterol 0mg	0%	Protein 0g	
		Sodium 21mg	0%		
Vitamin D 0mcg 0% · Calcium 1mg 0% · Iron 0mg 2% · Potassium 207mg 4%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -