

## Desserts

### Strawberry Ice Cream

**Yield: up to 14 servings (depending on how you scoop it)**

When I had finished refining this recipe, it came out more like a sorbet, with little fat or 'cream'. It is absolutely delicious and leaves a clean taste on the palate. Here we do not use eggs either, which makes the dish low fat.

See also Banana Ice Cream (page 155), as well as the Coconut and Chocolate Ice Cream (page 172).

Everybody loves these delicious and safe ice cream recipes, since they are made without dairy and sugar which are the usual bad ingredients in conventional ice creams.

2 pounds frozen strawberries  
1 cup rich coconut milk (Thai style)  
10 tablespoons diabetic strawberry jam  
2 tablespoons vanilla extract  
1 teaspoon xanthan gum  
4-5 tablespoons xylitol, to taste

1. Defrost the strawberries in a colander a few hours prior to the preparation. Set aside a few berries for decoration.
2. Place strawberries in your food processor and purée until smooth.
3. Mix in the coconut milk, strawberry jam, vanilla extract and xanthan gum. Sweeten with xylitol to taste.
4. Place the mixture in an ice cream maker and proceed following the instructions of the machine.

If you don't have an ice cream maker then just place the mixture in a bowl, which you then place in the freezer. In this case you need, from time to time, to fold the frozen edges in towards the middle and so entrain air bubbles to lighten the mixture. Do this after 1 hour, once more after the second hour, and then every 30 minutes for the next 2 hours.