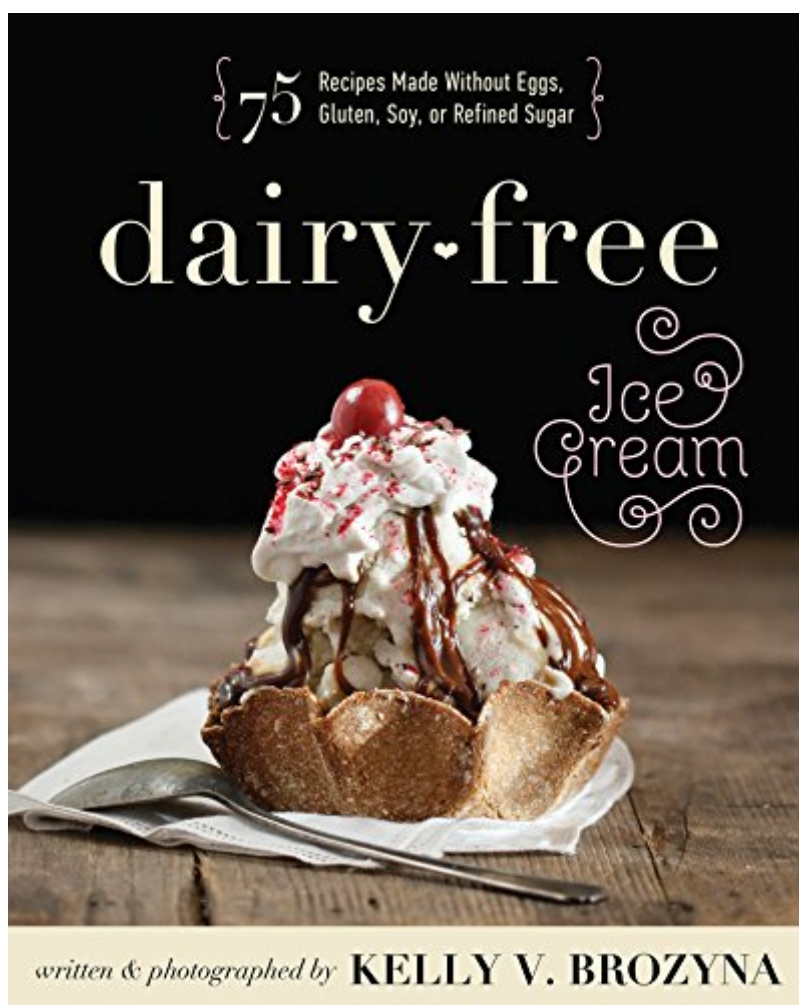


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# Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, Or Refined Sugar



## Synopsis

In "Dairy-Free Ice Cream" you will find all of your favorite ice cream flavors free of dairy, gluten, grains, soy, and refined sugar. Chapters include Cool Tips for Perfect Ice Cream, A History of Dairy-Free Ice Cream, The Classics, Coffee & Tea Ice Cream, Yogurt Pops & Sorbet, Ice Cream Cakes & Sandwiches, and Toppings. For both health and personal reasons, eliminating dairy has improved the lives of so many people. With "Dairy-Free Ice Cream" you can not only enjoy every flavor of ice cream again, but avoid refined sugars, harmful oils, soy, preservatives, and other common ingredients found in store-bought dairy-free ice cream. Making your own dairy-free ice cream is affordable, healthy, and fun for the whole family. Delight guests at your next birthday party with ice cream sandwiches or build-your-own sundaes!

## Book Information

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## Customer Reviews

I've used several of these recipes. The best thing about this book besides the great pictures, is that they lead you by the hand and get you going. I had a Cuisinart ice cream maker that I never used because I quit eating anything with sugar because of joint issues. I could not figure out how to keep

the ice cream from getting hard as a rock once it was put in the freezer. This book gives you a few tips, but I learned more on the Internet. 1. Add a tablespoon or two of coconut oil to these recipes, and just for good measure, I throw in a tablespoon or two of vodka (chocolate vodka for chocolate ice cream--peach schnapps for peach ice cream.) The main thing is these keep the ice cream from getting rock-hard. Also, something I did with the purchased coconut-chocolate ice cream, was I put it in the microwave for about 30 seconds. When using the Cuisinart ice cream maker, you MUST put the bowl base in the freezer for 24 hours for good results. The chocolate ice cream is the best I've tasted so far.

Living a life gluten, soy, refined sugar, and dairy free can be quite a challenge. But in my opinion it is so worth it. Kelly's Dairy Free Ice Cream Book has brought me and my family such joy in being able to eat ice cream again! My children and I don't tolerate dairy well; so having this book has brought much pleasure back into our lives. Even my husband, who can eat dairy, loves these recipes. So far I have made the salted caramel chocolate chunk ice cream, bing cherry ice cream, and the strawberry ice cream. They were all eaten by the second day! The bing cherry ice cream was my fave; in fact I ate 4 scoops all by myself YUM! We are enjoying the ice cream so much that we are making 2 to 3 different ice creams per week! The recipes are very easy to make with clear instructions and with few ingredients. The ice creams are made with coconut milk as the base then nut milk. If you can't do nut's, then you can use hemp milk. I like to make mine with my homemade almond milk. Even though my son hates coconut, he loves these ice creams! I have bought many cook books as of late, but this book has been a real treat for me. I must say it has been my favorite book to date so far. Whether you can or can't handle dairy, you will enjoy these recipes.

Have only tried three recipes so far...and modified one to create my own. I prefer the texture of the product right out of the ice cream maker, rather than after it is frozen for a long time. By putting the ingredients into the freezer for about an hour before putting it into the ice cream maker, you can have a yummy treat in twelve minutes.

I will admit I've only made a couple of recipes so far, but they have been totally tasty! I love the fact that they are dairy free, since I am finding as I get older, dairy products just don't seem to agree with me anymore. The best part is with these recipes I don't have to sacrifice flavor or texture! They are just as yummy and rich as their dairy counterparts. If you need to steer clear of dairy this book may be perfect for you.

Every single one of the recipes I have tried from this book are GOOD. Creamy, delicious ice cream without dairy or many other allergens! It is TRUE! Also, not much "sugar" or sweetener use. Highly recommended!

Great book for vegans. I have only tried a couple of recipes but I am really delighted. It has pretty pictures and simply a good book. Most of the ice cream recipes call for canned coconut milk so that overall can work very well.

Just not a fan of dates in my recipes. Wish I had known this book was mainly that.

I tried the Matcha Ice Cream over the weekend. The flavor was bland and tasteless. It had good mouthfeel and texture though, and I added chocolate chips which sort of saved it from being super bland. I will probably tweak these recipes to make them a bit more flavorful.

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