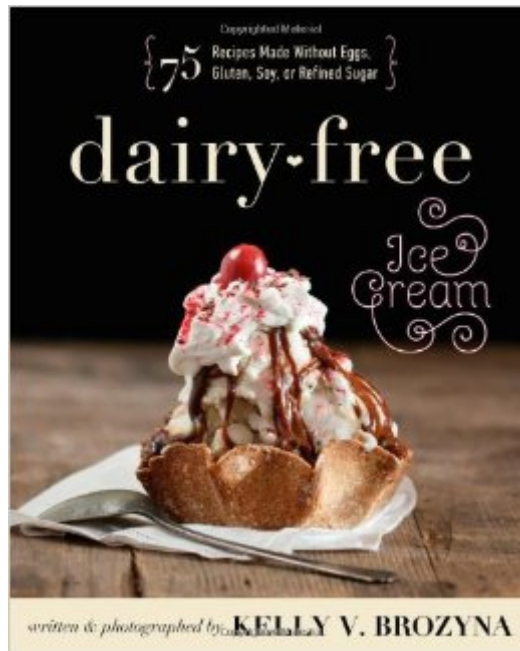


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# Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, Or Refined Sugar



## 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

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.

I wanted to wait to review this book until I'd made several recipes. Suffice it to say, I'm well past "several." Off the top of my head, we've had Chocolate, Rocky Road, Fried Banana, Mint Chocolate Swirl (my son thought I said Mint Chocolate SQUIRREL and boy was he relieved when he saw what it really was), Butter Pecan, Swiss Almond, Strawberry, and I have some Salted Caramel Chocolate Chunk ready to freeze later today. I stopped eating dairy several years ago after a Whole30 taught me that my gut doesn't like it. We recently discovered that our four-year-old daughter has a dairy allergy but dearly loved milk products, so this book seemed like a natural purchase for us for this hot Texas summer. I've tried numerous "Paleo" or coconut-milk-based ice creams from other websites and sources. The ice creams I have tried from this book are hands-down the BEST. My husband, who used to sit in his chair with a half-gallon of commercial dairy ice cream and a spoon, even loves what I've made from this book. The ice creams are creamy and satisfying without any overwhelming honey or coconut flavors that I've found in other recipes, and little to no graininess. I love that the ice creams I've made are date-sweetened, and I think the combination of coconut and almond milks is smart! These ice creams are, for the most part, simple to make. I can whip up some vanilla ice cream base in seriously under five minutes. I doubt I'll be butchering my own young coconuts to make coconut cream any time soon, but even the ice creams with several steps, like Rocky Road for which I had to make my own marshmallow fluff, have easy-to-follow directions. I'm so happy I went ahead and bought this book so we could enjoy it all summer, and my dairy-loving but intolerant family are thrilled too. I look forward to diving into MORE books by Kelly!!

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.

Kelly Brozyna has done it again with her book of gluten-free, soy-free, sugar-free and dairy-free ice cream. Created and photographed by Kelly, this lovely volume contains a primer on sweeteners, thickeners, the ice cream base and more. Along with a section on tips and tools, she provides the reader with everything needed to create perfect dairy-free Paleo ice cream. While most of us agree treats should be limited to special occasions, a sampling of Kelly's recipes shows how wonderful ice cream can be. Even more so when it's good for you. Five chapters of recipes cover Classic Flavors (think Vanilla, Chocolate, Pumpkin, Rum Raisin and Swiss Almond), Coffee and Tea Ice Cream such as Earl Grey and Jasmine Tea, Cake and Cookies (Frozen Mint Chocolate Whoopie Pies), Yogurt, Pops and Sherbet, and finally, Sauces and Sprinkled Toppings. Kelly's recipes call for a blender and an ice cream machine. My first foray into the world of homemade Paleo ice cream began with the Vanilla Ice Cream recipe on page 28. At the time I did not own an ice cream machine and found the result tasty but a bit on the icy side, so I also recommend these recipes be made using an electric ice cream machine. I've since had excellent results with the Cuisinart ICE-21, a moderate-cost machine. While Vanilla is my favorite ice cream flavor, I highly recommend the Blueberry Lavender (page 34) and the coffee ice cream (page 76). The recipes are easy to follow and are accompanied by wonderful photos. If you love ice cream but want a healthful alternative to the sugar-sweetened, full dairy version, Kelly Brozyna's book of exciting recipes is for you. 4.5 stars.

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