

Dairy Free Chocolate Ice cream

Makes 6 portions

Per portion

Calories: 155

Fat: 5.5g

Saturates: 3.2g

Carbs: 20.2g

of which sugars: 17.4g

Salt: 0.05g

Prep time: 5 minutes

Cooking time: 5 minutes

Freezing time: approx. 6 hours

Ingredients:

- 5 heaped tablespoons (150g) of good quality cocoa powder
- 100g caster sugar
- 400ml boiling water
- 100ml Coconut milk
- 1 tsp vanilla essence
- 1 tbs of rum

Instructions:

1. Place the cocoa & sugar in a saucepan. Slowly add the boiling water (mixing all the time) until all lumps have dissolved, then add the Coconut milk. Gently heat for 2-3 minutes on a hob - do not boil to ensure a smooth flavour.
2. Allow the mixture to cool completely and add the vanilla essence & alcohol.
3. Pour into a plastic container, complete with lid and freeze for 2 hours, then stir thoroughly, re-freeze for a further 2 hours. Stir again and then freeze for a final two hours or until required.
4. This is best used within 2 weeks of making to retain flavour.
5. You can use this recipe in an ice-cream maker

This recipe is Vegan friendly