

## **Homemade Orange Creamsicle Ice Cream Recipe ~ Super Healthy Kids**

### **INGREDIENTS**

1 3/4 cup – coconut milk, full fat

2 medium oranges

4 tbsp – Sweetener (Sarah's Note: I like maple syrup)

1 tsp – vanilla extract

### **DIRECTIONS**

Peel and section oranges. Lay flat on a tray and freeze until hardened.

In a blender, add coconut milk and half of the frozen orange sections.

Blend until smooth. Add the remaining oranges and continue blending.

Add the sweetener of your choice (honey, powdered sugar, maple syrup) and vanilla extract.

Blend.

Pour into a freezer safe container and freeze until solid.

When ready to serve, let it sit out for a few minutes to make it easier to scoop. Enjoy!