Sweet Potato Ice Cream

Makes 5 Servings
Serving Size: ½ Cup

*This is a treat. You do not have to use this as part of your meal.

Ingredients

- 1 Can Full Fat Coconut Milk*
- 6 oz Sweet Potato
- 4 Tbsp Maple Syrup
- ¾ tsp Cinnamon
- Pinch of Himalayan Salt

Directions

1. Mix all ingredients together and put in an ice cube tray.
2. Freeze for 6 hours and then pop them into a blender or food processor to blend.
3. Enjoy!!

*Look for a brand that does not contain anything more than Coconut, Water and Guar Gum