

Berry Coconut Milk Ice Cream



by
DR. JOCKERS

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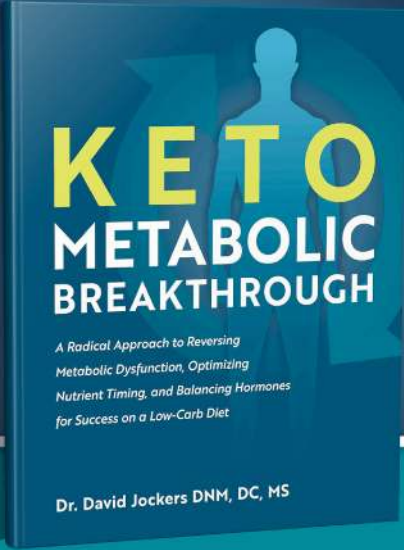
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Berry Coconut Milk Ice Cream

This berry coconut milk ice cream recipe is a slightly modified version from my friend Megan Kelly. She has an incredible site [Renewing All Things – Biblically Based Health, Nutrition and Lifestyle](#) specializing in neurobiology, healing, and mental health.

If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



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Berry Coconut Milk Ice Cream

prep: 10 mins

inactive: 4 hours

total: 4 hours, 10 mins

author: drjockers.com

yield: 1 1/3 cup

Ingredients:

- 1 can of [full fat coconut milk](#)
- ½ tsp of [vanilla extract](#)
- 1 full cup of frozen organic berries of choice
- Pinch of [sea salt](#)
- ¼ tsp of [stevia](#)

Optional Ingredients:

- 1 scoop of [vanilla bone broth collagen protein](#)

Instructions:

Step #1: Blend coconut milk, [sweetener](#), salt, vanilla, and berries until smooth.

Step #2: Place a sheet of parchment paper on deep baking dish. Pour the coconut milk onto the parchment paper and then freeze for several hours, until hard.

Step #3: Once frozen, pull the coconut milk off the parchment paper and break into chunks.

Step #4: Add coconut mixture to the [blender](#).

Step #5: Process until smooth, scooping down the sides as necessary.

Notes

***The nutrition info for this recipe is based on the linked ingredients above**

**Nutritional info does not include optional ingredients.

courses: dessert

Nutrition Facts

Serving Size 1/3 cup serving

Amount Per Serving

Calories 125

% Daily Value

Total Fat 11 g 17%**Total Carbohydrates** 6 g 2%

Dietary Fiber 1 g 4%

Protein 1 g 2%

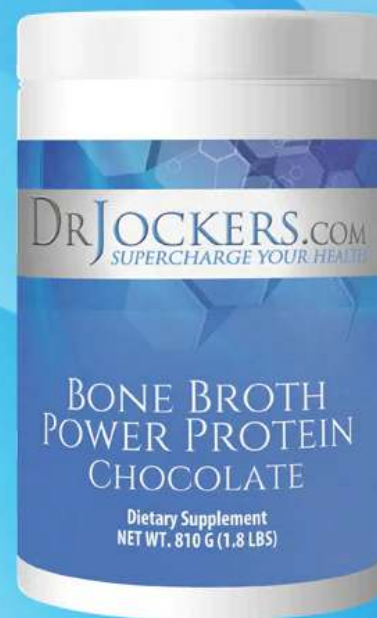
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Dr Jockers Comments

If you are looking for an anti-inflammatory ice cream then this is a great choice. It is easy to make and only contains a few ingredients you probably already have at home.

The full fat coconut milk provides **medium chain fatty acids** that help you to burn fat, reduce inflammation and support healthy blood sugar levels. Berries are rich in anti-oxidants that reduce stress on the body and help you age better and feel better.

To make this a complete meal you want to add in some bone broth protein. Healthy meals should always have anti-oxidants, fiber, good fats and clean protein. This one has anti-oxidants and fiber from the berries, good fats from the coconut and protein if you choose from bone broth protein.

Bone broth protein is full of collagen which supports the body's ability to heal leaky gut, strengthen bones, joints and improves the skin and hair. It helps to prevent against joint injuries and joint pain. It is also the ultimate beauty food that supplies the body with the right amino acids for beautiful skin and hair.

The best flavor for this ice cream is the vanilla! If you use that, you can reduce or eliminate putting in the vanilla extract and **stevia** if you like. Try this recipe out and let us know how you like it in the comments box below.

For a lower carb, keto version that is similar to this recipe, try our **chocolate** and **vanilla** coconut milk ice cream recipes.





Was this article helpful?

Yes

No



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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— DR. DAVID JOCKERS

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Comments

comments

Comments

Beverly O'Malley

May 25, 2019 at 11:33 am

I don't like the taste of stevia. Any other recommendations? Coconut palm sugar or maple syrup? erythritol? Then how much also.

[Reply](#)

Dr. Jockers

May 27, 2019 at 1:41 pm

Hey Beverly, Yes, you could absolutely use a syrup alternative like Lakanto or ChocZero to your taste preference. I have only tried the recipe as written.

[Reply](#)

Fran

July 2, 2020 at 10:15 am

Can You use a ripe banana? Hate artificial sweeteners!😂

[Reply](#)

Dr. Jockers

July 2, 2020 at 4:02 pm

Sure go ahead!

[Reply](#)

D.A. Marks

July 1, 2022 at 11:01 am

As far as I know, Stevia is sourced from the leaves of a plant and is definitely not artificial.

Ann M.

[Reply](#)**Tina**

December 31, 2022 at 10:30 pm

You can grow your own plant and dry the leaves then blend until a fine powder.

Becky

December 31, 2022 at 5:17 pm

Stevia is not an “artificial sweetener.”

[Reply](#)**Sheryl**

August 5, 2021 at 1:10 pm

The taste of stevia varies greatly with manufacturer. SweetLeaf and NutraMedix make very good tasting stevia.

[Reply](#)**Cathi “Gg” Mitchell**

August 11, 2021 at 1:13 pm

★★★★☆

I’m going to try Monk fruit! ❤️

[Reply](#)

Kate

December 31, 2022 at 9:07 am

Good one. My favorite.

[Reply](#)

Debbie Felts

August 19, 2021 at 10:00 am

You could try swerve

[Reply](#)

Elaine

September 7, 2022 at 3:55 pm

Swerve has sugar alcohols and causes intestinal gas in many of us.

[Reply](#)

Ann

May 26, 2022 at 12:46 pm

I will probably be experimenting by trying this with maple syrup, bananas, coconut sugar & dates instead of the stevia.

[Reply](#)

Dr. Jockers

June 1, 2022 at 4:05 pm

Let us know how it comes out! Blessings!

[Reply](#)

Becky

December 31, 2022 at 5:19 pm

That might work if calories don't matter.

[Reply](#)

Chris

July 2, 2022 at 1:46 am

Monk fruit is also a nice alternative.

Cimet, or non sweetener

[Reply](#)

Jen

June 15, 2019 at 9:39 pm



Icy, cool and refreshing. Thanks for the treat.

[Reply](#)

Dr. Jockers

June 17, 2019 at 3:05 pm

You're welcome Jen! Blessings!

[Reply](#)**Julia**

July 1, 2019 at 7:58 pm

I have an ice cream maker ~ do you think it may work using it instead of the baking sheet method? By the way, excellent customer service on an issue I had the other day! Very very well done! Thank you!

[Reply](#)**Dr. Jockers**

July 5, 2019 at 9:36 am

Hi Julia, Absolutely! I would follow the recommendations for your machine for coconut milk! Let us know how it works for you! Blessings!

[Reply](#)**Andrea**

September 2, 2021 at 7:17 pm

Could I use almond milk or oat milk??

[Reply](#)**Dr. Jockers**

September 3, 2021 at 11:00 am

Yes sure!

[Reply](#)**Sue**

May 30, 2022 at 9:14 am

When you said if you use vanilla so you don't need vanilla extract and stevia, what would you use and how much?

[Reply](#)**Pat**

December 31, 2022 at 9:29 pm

★★★★★

I am sensitive to vanilla, so I always use almond. It might even be cheaper than vanilla now that vanilla has gone through the roof price wise.

[Reply](#)**Ann Marie**

July 3, 2022 at 11:12 am

Instead of coconut milk, could I use a can of coconut cream?

[Reply](#)**Dr. Jockers**

July 19, 2022 at 9:14 am

Yes sure.

[Reply](#)**sally**

July 3, 2022 at 3:04 pm

How would I measure the recipe and final ice cream. for a ckd stage 3a diet?

Sally

[Reply](#)**Joy**

July 7, 2022 at 9:26 pm

Any other protein source recommended that is vegan?

[Reply](#)**Dr. Jockers**

July 19, 2022 at 9:25 am

Yes absolutely Joy! We have this great plant protein here: <https://store.drjockers.com/products/organic-plant-protein>

[Reply](#)**Peter Piper**

September 3, 2022 at 12:09 pm

I am lucky in that I don't like ANYTHING sweet. Since childhood, I have not been able to eat sweet things without throwing up. So when I see a recipe like this, I make it and leave out all sweeteners. For me there is enough sweet in the coconut milk, etc. I love this

recipe without the sweetener! Sometimes I leave out the vanilla as well because I don't like the taste of vanilla but at least I don't throw up when I eat it.

[Reply](#)

Kathy Wingate

September 3, 2022 at 4:12 pm



Kathy W.

Thank you for offering an alternative to the berry recipe...Anyone with diverticulae have a natural aversion to berries of any kind....there is not one safe to eat. Either the Chocolate or vanilla will work fine. Thanks again,

[Reply](#)

Becky

December 31, 2022 at 5:20 pm

Blueberries?

[Reply](#)

Mark

September 3, 2022 at 8:03 pm

Okay, that's great. I can see there are healthier ice cream alternatives out there, but what about a healthier alternative to replace Cottee's Chocolate Ice Magic? I cannot enjoy ice cream without Cottee's chocolate melting into a chocolatey solid on my ice cream. I really miss not eating ice cream with Cottee's Chocolate Ice Magic. I was forced to quit eating it because it kept producing a throbbing pain in the back of my skull. On top of that, I also believe that it made my big toe go numb which stayed numb for over 6 months. Within weeks after I quit eating it, the numbness suspiciously went away. Several months later, I decided to eat conventional ice cream again with Cottee's Chocolate Ice Magic. No sooner had I begun eating it, my little finger went numb and stayed numb for the next couple

of weeks. So I quit eating it again only for the numbness in my pinky finger to disappear. 10 years later, I really miss not eating my ice cream with Cottee's Chocolate Ice Magic. Please find me an organic healthy chocolate recipe that can harden on ice cream. I would really appreciate it, thanks. 😊

[Reply](#)

ej

September 3, 2022 at 8:21 pm

Mark- experiment with mixing cocoa or melted chocolate into coconut oil (which hardens when chilled). Add stevia if desired. It worked for me!

[Reply](#)

Mary Blazine

September 4, 2022 at 5:24 pm

Lucuma powder is a wonderful substitute!

[Reply](#)

Toni

September 7, 2022 at 12:35 pm

I find it interesting that every question about substitution is answered with, "Sure!" I think canned coconut milk or even coconut cream is the best choice for ice cream due to the higher fat content (would make it less icy!) so I don't think almond or oat milk is a good substitute. Just my opinion, but it makes me wonder about the accuracy of this recipe. Usually recipe creators answer with lots of qualifiers about substitutions!

[Reply](#)

Adeline

September 7, 2022 at 1:59 pm

I guess they could add another person to the staff to answer all the little random questions that could be answered by google and then just charge more for supplements to make up for the added labor cost.

[Reply](#)

Dr. Jockers

September 9, 2022 at 4:36 pm

Yes absolutely! Coconut milk and cream are the best as they are full of MCT fats to help stabilize blood sugar levels.

[Reply](#)

Carrie

December 31, 2022 at 1:43 pm

Hi, I have a question about the coconut milk. Is the recipe calling for canned full fat coconut milk or is that the coconut milk drink in the carton that you get in the refrigerator section of the grocery store? So many recipes call for coconut milk and I'm never sure what kind they mean?

Thank you

[Reply](#)

Dr. Jockers

January 3, 2023 at 4:42 pm

Yes canned full-fat coconut milk!

[Reply](#)**Iona**

January 1, 2023 at 5:02 pm

Beautiful recipe for the New Year...love it! Thanks!

[Reply](#)

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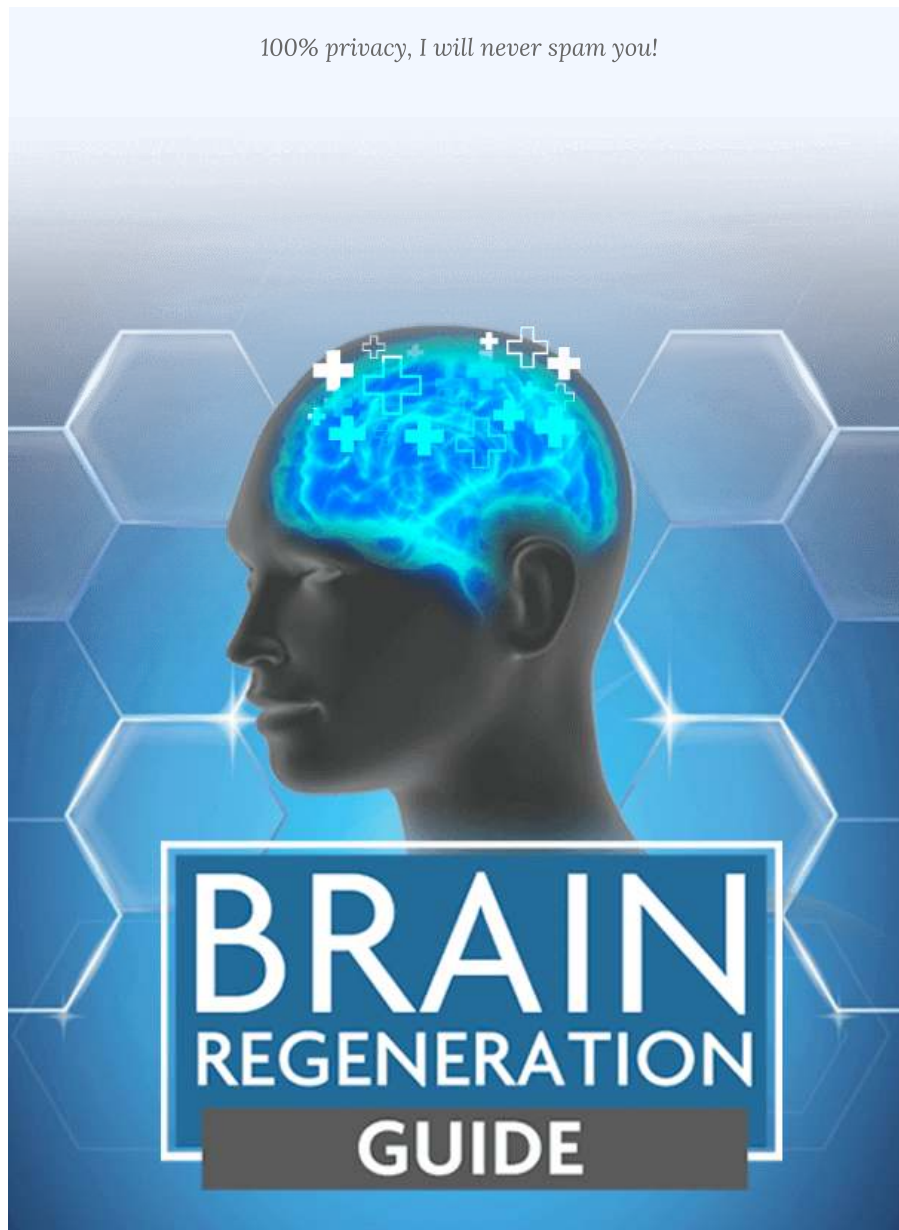
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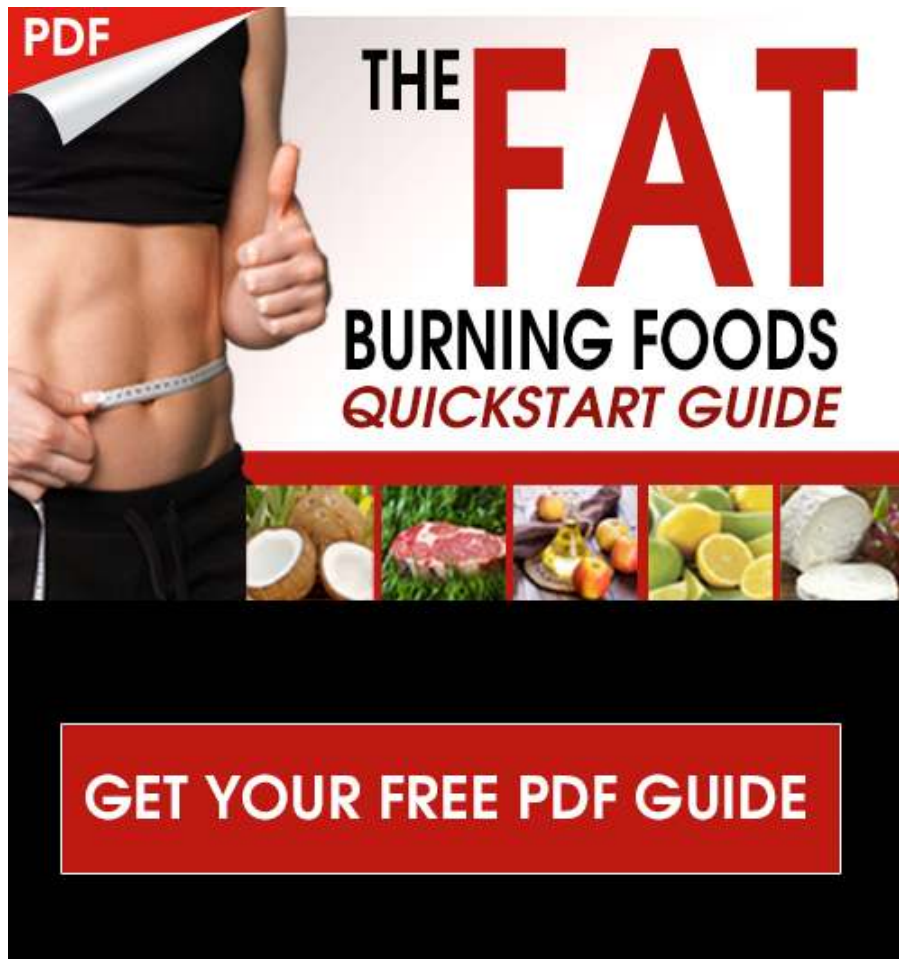
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