

## CHOCOLATE ICE CREAM

If you don't freeze it, it tastes like mousse, and if you freeze it you get a delicious ice cream.

A perfectly versatile dessert which you can enjoy and stay healthy.

### INGREDIENTS

1 tin Coconut Cream

40-50g Unsweetened Cocoa

75g Xylitol

1/2 tsp Vanilla Essence

### METHOD

Mix all the ingredients together and pop into the fridge.

It will be set and ready in an hour.

For a more frozen effect, place it in the freezer until set to your liking.

