

The new updated edition, Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, or Refined Sugar will be released June 2014. Amazon asin: 162860039X From the hostess of the delightful cooking blog TheSpunkyCoconut.com comes a book featuring 55 recipes. Ice cream, frozen yogurt, sorbet, pops, and accompaniments--all free of dairy, gluten, grains, soy, and refined sugar, plus 17 full-page color photos. Using coconut milk, cashew milk, hemp milk, and natural sweeteners like honey or agave, stevia, and dates. Including classics like Rocky Road, Butter Pecan, and Pistachio, as well as more unusual flavors such as Rooibos Tea Ice Cream, Gingerbread Cookie Dough Ice Cream, and Coconut Water Sherbet. Make your own dairy-free yogurt drink for frozen yogurt and gluten-free vegan cookies for ice cream sandwiches. Enjoy easy-to-make fruit and pudding pops, beautifully colored without the use of artificial dyes. No one with gluten/dairy/sugar sensitivities will feel deprived with The Spunky Coconut Dairy-Free Ice Cream cookbook.

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