

Mint Chocolate Chip Ice Cream Recipe



Yes, you can eat mint chocolate chip ice cream AND stay alkaline!

This recipe makes it super easy and delicious. Give yourself some time though – the coconut milk needs to chill in the fridge before you make it and then the ice cream needs to sit in the freezer before you eat it.

It's worth the wait though. As tasty as this recipe is, it's even better for you. It's so good, you could eat it for breakfast and still be better off than your standard breakfast food.

*Watch for my blog post on Thursday: **15 Delicious Desserts So Healthy You Can Eat Them for Breakfast.***

Give it a try and let me know what you think over [on Facebook](#).

MINT CHOCOLATE CHIP ICE CREAM

Ingredients [Serves 2]

- 1 frozen banana
- 1 cup baby spinach leaves
- 2 dates
- 2 tbsp. cacao nibs
- 1 tsp. peppermint extract (I use Medicine Flower 4 drops)
- 1 cup canned coconut milk, chilled in the fridge for 3+ hours (I use Native Forest)
- 2 cups ice
- 1 tbsp. chia seeds



Directions

Place all the ingredients (except for the cacao nibs and peppermint extract) in a high-speed blender and blend until thick and smooth.

Next, add in the peppermint extract and mix until just combined. Then add the cacao nibs last and fold through. Pour into either an ice cream machine or a lidded container and leave to set in the freezer. Once it's frozen, enjoy!



You can add a scoopful of clean keto fats and proteins to any smoothie or dessert with our [Alkamind Organic Daily Protein](#), which features:

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- 20 grams of protein
- 3 healthy fats

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GET OFF YOUR ACID!
Dr. Daryl

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