

Recipe Name: Tender Coconut Ice Cream Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Tender coconut water	8
• 1 cup Fresh cream	
• 1/4 cup Sugar - granulated	
• 1 cup Tender coconut meat - + Little extra	
• 1/2 cup Condensed Milk	
• Honey - for glazing (Optional)	
• Ice cream cone - (Optional)	

Preparation

- To begin making the Tender Coconut Ice Cream recipe, in a grinder or blender, grind tender coconut meat along with tender coconut water to make a puree.
- Now add the full fat cream, sugar and the condensed milk into the same jar and beat everything together.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	12	2	25