

Diary Free - Ice Milk

½ Cup Egg beaters

½ Cup Sugar

1 t vanilla

2 ½ cups of Almond Milk or coconut Milk

Beat till frothy and put in ice cream maker and process. It makes an ice cream that is more of a soft serve consistency.

I have a cuisnart ice cream/yogurt maker – it has a bowl you keep in the freezer and use to make ice cream. If your kids like ice cream it does not take long to pay for the ice cream maker with the money you save vs buying dairy free ice cream.

<http://www.lincolntent.com/GFCF-Desserts.html>