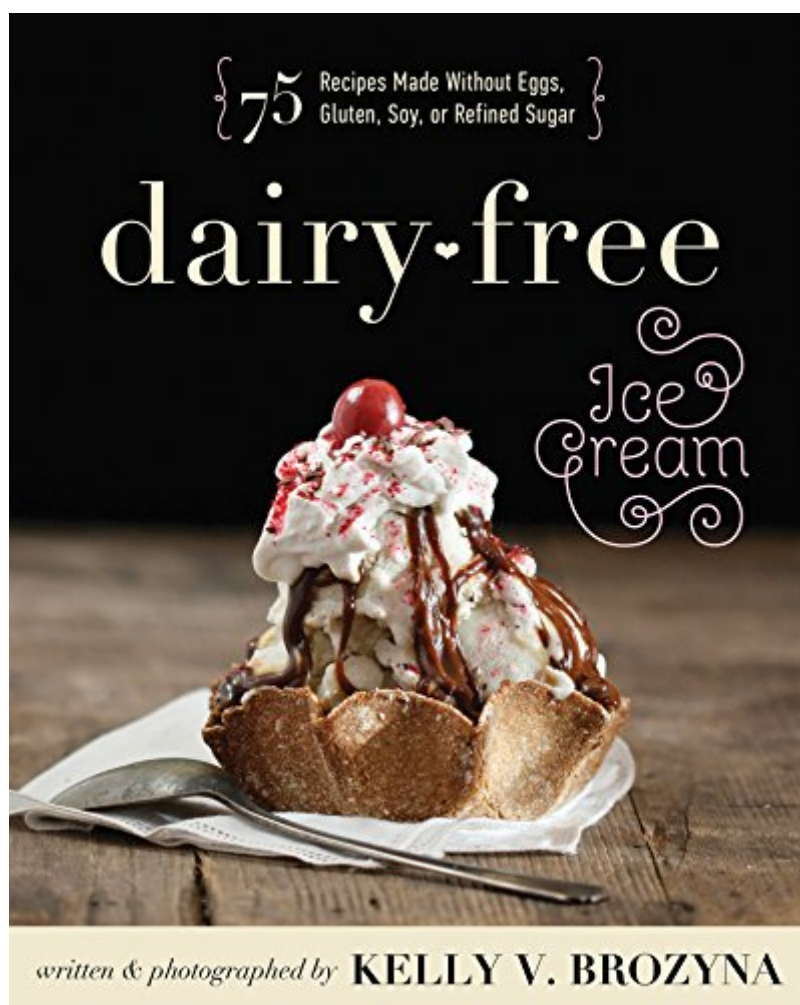


The book was found

Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, Or Refined Sugar



Synopsis

In "Dairy-Free Ice Cream" you will find all of your favorite ice cream flavors free of dairy, gluten, grains, soy, and refined sugar. Chapters include Cool Tips for Perfect Ice Cream, A History of Dairy-Free Ice Cream, The Classics, Coffee & Tea Ice Cream, Yogurt Pops & Sorbet, Ice Cream Cakes & Sandwiches, and Toppings. For both health and personal reasons, eliminating dairy has improved the lives of so many people. With "Dairy-Free Ice Cream" you can not only enjoy every flavor of ice cream again, but avoid refined sugars, harmful oils, soy, preservatives, and other common ingredients found in store-bought dairy-free ice cream. Making your own dairy-free ice cream is affordable, healthy, and fun for the whole family. Delight guests at your next birthday party with ice cream sandwiches or build-your-own sundaes!

Book Information

File Size: 6504 KB

Print Length: 278 pages

Publisher: Victory Belt Publishing (June 22, 2014)

Publication Date: June 22, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00L8653VG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #188,709 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

in Kindle Store > Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts #111 in Kindle Store >

Kindle eBooks > Cookbooks, Food & Wine > Baking > Desserts #313 in Kindle Store > Kindle

eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

Customer Reviews

I've used several of these recipes. The best thing about this book besides the great pictures, is that they lead you by the hand and get you going. I had a Cuisinart ice cream maker that I never used because I quit eating anything with sugar because of joint issues. I could not figure out how to keep

the ice cream from getting hard as a rock once it was put in the freezer. This book gives you a few tips, but I learned more on the Internet. 1. Add a tablespoon or two of coconut oil to these recipes, and just for good measure, I throw in a tablespoon or two of vodka (chocolate vodka for chocolate ice cream--peach schnapps for peach ice cream.) The main thing is these keep the ice cream from getting rock-hard. Also, something I did with the purchased coconut-chocolate ice cream, was I put it in the microwave for about 30 seconds. When using the Cuisinart ice cream maker, you MUST put the bowl base in the freezer for 24 hours for good results. The chocolate ice cream is the best I've tasted so far.

Living a life gluten, soy, refined sugar, and dairy free can be quite a challenge. But in my opinion it is so worth it. Kelly's Dairy Free Ice Cream Book has brought me and my family such joy in being able to eat ice cream again! My children and I don't tolerate dairy well; so having this book has brought much pleasure back into our lives. Even my husband, who can eat dairy, loves these recipes. So far I have made the salted caramel chocolate chunk ice cream, bing cherry ice cream, and the strawberry ice cream. They were all eaten by the second day! The bing cherry ice cream was my fave; in fact I ate 4 scoops all by myself YUM! We are enjoying the ice cream so much that we are making 2 to 3 different ice creams per week! The recipes are very easy to make with clear instructions and with few ingredients. The ice creams are made with coconut milk as the base then nut milk. If you can't do nut's, then you can use hemp milk. I like to make mine with my homemade almond milk. Even though my son hates coconut, he loves these ice creams! I have bought many cook books as of late, but this book has been a real treat for me. I must say it has been my favorite book to date so far. Whether you can or can't handle dairy, you will enjoy these recipes.

Have only tried three recipes so far...and modified one to create my own. I prefer the texture of the product right out of the ice cream maker, rather than after it is frozen for a long time. By putting the ingredients into the freezer for about an hour before putting it into the ice cream maker, you can have a yummy treat in twelve minutes.

I will admit I've only made a couple of recipes so far, but they have been totally tasty! I love the fact that they are dairy free, since I am finding as I get older, dairy products just don't seem to agree with me anymore. The best part is with these recipes I don't have to sacrifice flavor or texture! They are just as yummy and rich as their dairy counterparts. If you need to steer clear of dairy this book may be perfect for you.

Every single one of the recipes I have tried from this book are GOOD. Creamy, delicious ice cream without dairy or many other allergens! It is TRUE! Also, not much "sugar" or sweetener use. Highly recommended!

Great book for vegans. I have only tried a couple of recipes but I am really delighted. It has pretty pictures and simply a good book. Most of the ice cream recipes call for canned coconut milk so that overall can work very well.

Just not a fan of dates in my recipes. Wish I had known this book was mainly that.

I tried the Matcha Ice Cream over the weekend. The flavor was bland and tasteless. It had good mouthfeel and texture though, and I added chocolate chips which sort of saved it from being super bland. I will probably tweak these recipes to make them a bit more flavorful.

[Download to continue reading...](#)

Dairy-Free Ice Cream: 75 Recipes Made Without Eggs, Gluten, Soy, or Refined Sugar Ice Cream Book: 35 Easy and Delicious Ice Cream Recipes for Happy Families (homemade ice cream, ice cream cookbook, ice cream recipes, delicious dessert) Pure Delicious: More Than 150 Delectable Allergen-Free Recipes Without Gluten, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Shellfish, or Cane Sugar The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! No-Churn Ice Cream: 50 Delicious Ice Cream Recipes WITHOUT ICE CREAM MAKER (Recipe Top 50's Book 25) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) The Everything Ice Cream, Gelato, and Frozen Desserts Cookbook: Includes Fresh Peach Ice Cream, Ginger Pear Sorbet, Hazelnut Nutella Swirl Gelato, ... Lavender Honey Ice Cream...and hundreds more! Rice Cooker Recipes - A Low Carb Cookbook - Gluten FREE & Diabetic Friendly - Low Sugar & 1000% Refined Sugar FREE! The Allergy-Free Pantry: Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Complete Allergy-Free Comfort Foods Cookbook:

Every Recipe Is Free Of Gluten, Dairy, Soy, Nuts, And Eggs The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory) Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)