

Double Mint Matcha Chocolate Chip Ice Cream

by Healing Family Eats

Prep time: 15 minutes + chilling + churning

Cook time: 5 minutes

Serves: 4

3 cups coconut milk
2 oz (large bunch) mint leaves
1+1/2 teaspoons matcha
2 tablespoons honey
pinch sea salt
1-2 drops food grade peppermint oil (optional)
1/2 - 3/4 cup chocolate chips (or [carob](#) for AIP)

Put a freezer proof container in the freezer.

Put the mint leaves into a medium bowl. Heat the coconut milk in a pan until nearly simmering, then pour over the mint leaves. Leave to cool, then cover and refrigerate for 18 hours.

Next day, strain the mixture through a sieve into a bowl, and tightly squeeze the mint leaves over the mixture to extract as much of the juice as possible. Add the matcha, honey and salt and whisk it all together. Taste a small spoonful of the mixture and add peppermint oil if needed.

Pour the mixture into an ice cream machine and churn according to the manufacturer's instructions.

Spread half of the churned mixture into the freezer proof container and spoon over half the chocolate chips. Spread over the second half of the ice cream, followed by the remaining chocolate chips. Briefly stir the ice cream to mix in the chips. Place the ice cream in the freezer until you are ready to serve. This ice cream is best eaten on the same day.

Note: If you don't have a machine, put the mixture into a freeze proof container and freeze until nearly firm. Beat with a whisk until smooth again and return to the freezer. Repeat two or three times. After the last beating, gently stir in the chocolate chips then leave to freeze.

