

Helergon Kitchen

Chocolate Peanut Butter Ice Cream Recipe

20 min Prep time	**20 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base

- [ ] 2 cups full-fat coconut milk or heavy cream
- [ ] 1 cup dark chocolate chips (70% cacao)
- [ ] 3/4 cup granulated sugar
- [ ] 1/3 cup natural creamy peanut butter
- [ ] 2 tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a saucepan, gently warm the coconut milk (or cream) over low heat, then whisk in the chocolate chips until completely melted and smooth.
2. Remove from heat, stir in the sugar until dissolved, then blend in the peanut butter, vanilla, and sea salt. Let the mixture cool to room temperature.
3. Cover the bowl and refrigerate for at least 2 hours, or until the mixture is thoroughly chilled.
4. If you have an ice cream maker, churn according to the manufacturer's directions. If not, pour into a shallow container, freeze, and stir vigorously every 30 minutes for 2 hours.
5. Transfer the thickened ice cream to a storage container, sprinkle a pinch of sea salt on top, and freeze until firm.
6. When ready to serve, let sit for two minutes, scoop, and garnish with a drizzle of melted chocolate or crushed peanuts.

Nutrition per serving

380 kcal	6 g	30 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick after chilling, add a splash of almond milk.
- For extra flavor, swirl in a spoonful of protein balls crumble just before the final freeze.
- A touch of espresso powder can deepen the chocolate's richness without making it taste coffee.