



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

Kelly V. Brozyna

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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!

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#### **About the Author**

Kelly V. Brozyna has showcased healthy gluten-free recipes, nutrition tips, podcasts, and videos on her blog [www.TheSpunkyCoconut.com](http://www.TheSpunkyCoconut.com) since 2008. Her recipes and photography have been featured on [TheBalancedPlatter.com](http://TheBalancedPlatter.com), The Huffington Post, [ElanasPantry.com](http://ElanasPantry.com), Living Without magazine, and Paleo Magazine. Kelly is the author of three previous books, including *The Paleo Chocolate Lovers' Cookbook*.

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