



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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Editorial Review

About the Author

Kelly V. Brozyna has showcased healthy gluten-free recipes, nutrition tips, podcasts, and videos on her blog www.TheSpunkyCoconut.com since 2008. Her recipes and photography have been featured on TheBalancedPlatter.com, The Huffington Post, 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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