



VITACOST

SWEET FROZEN TREATS for SUMMER

homemade gelato • vegan ice cream
treats for pups

DAIRY-
FREE



courtesy of

**Margaret
Chapman**

COCONUT ICE CREAM BARS

• with •

CHOCOLATE COATING

INGREDIENTS

Ice Cream

- 30-32 **Medjool dates**, pitted
- 1 tsp. **vanilla bean powder**
- 1 can coconut cream, refrigerated overnight
- 1 can **coconut milk**, refrigerated overnight
- ½ Tbsp. **maple syrup**

Coating

- 1 Tbsp. **maple syrup**
- 1 cup **raw cacao powder**
- ¾ cup **coconut oil**, melted
- **Coconut sugar**
- **Shredded coconut**

Add to cart

DIRECTIONS

1. For ice cream: combine dates and coconut milk in high-speed blender and process about 2 minutes; pour into bowl and set aside. Add vanilla powder, coconut cream and maple syrup to blender and process on low for 20-30 seconds. Stir mixtures together; pour into parchment-lined loaf pan, cover and freeze overnight. Cut into 8 bars; place on parchment-lined baking sheet.
2. For coating: stir together maple syrup, cacao powder and coconut oil; spoon evenly over each bar. Return to freezer for 20 minutes to harden. Remove from freezer, flip and coat opposite sides. Top with coconut sugar and shredded coconut. Freeze until set, then serve.

CHOCOLATE PEANUT BUTTER

• ice cream •

INGREDIENTS

- 4 cups **raw cashews**, soaked for 4 hours
- 1 cup **maple syrup**
- ½ cup **cacao powder**
- ⅓ cup **peanut butter**
- 1 tsp. vanilla extract

Add to cart

DIRECTIONS

1. In a high-speed blender, blend soaked cashews, maple syrup, cacao and vanilla on high until creamy.
2. Into a freezer-safe container, pour a third of the cacao mixture. Swirl a third of the peanut butter into the cacao mixture. Repeat with the remaining cacao mixture and peanut butter.
3. Freeze for 10 hours or until desired consistency is reached.

Chocolate
lovers,
rejoice!



courtesy of
Liana
Werner-Gray





GO
GREEN.
GO
GREEK!



courtesy of
**Food Fitness
by Paige**

PISTACHIO PROTEIN

• ice cream •

INGREDIENTS

- ½ cup **Vitacost Organic Pistachios**, shelled, plus extra for garnish
- 4 Tbsp. **Nutiva Vanilla Hemp Protein Powder**
- Jell-O sugar-free, fat-free Instant Pistachio Pudding
- 2 cups fat-free half and half
- 6 oz. Fage 0% Plain Greek Yogurt

Add to cart

DIRECTIONS

1. In a high-speed blender, add all ingredients except yogurt and blend until creamy.
2. In a 9" x 13" pan, combine pistachio mixture and yogurt. Mix until well combined.
3. Place pan in freezer for 30-45 minutes.
4. Remove and stir. Repeat this process three or four times until desired consistency is reached.
5. To serve, scoop a ½-cup portion and top with extra pistachios.

HOMEMADE STRAWBERRY-HONEY

• gelato •

INGREDIENTS

- 2 cups fresh strawberries, pressed
- 2 cups gluten-free **French vanilla protein shake**
- ¼ cup **coconut oil**
- ½ cup **raw honey** or maple syrup
- 4 egg yolks
- ¼ tsp. **sea salt**
- ½ tsp. lemon zest, optional

Add to cart

DIRECTIONS

1. In saucepan, bring shake and coconut oil to a boil; reduce heat and simmer 4-5 mins, stirring constantly.
2. In bowl, whisk together egg yolks, honey and salt; drizzle in shake mixture while whisking or blending on low. Return to saucepan and simmer over medium heat until thickened (10 mins). Stir in strawberries and lemon zest.
3. Chill 4-6 hours. Use ice cream maker to make gelato. Or, freeze 2-3 hours, pulse in food processor and refreeze 3-4 hours.

FRESH
AND
REFRESHING

courtesy of
CALNATURALE
svelte®



STEVIA-
SWEETENED

courtesy of
**Missy
Marie Smith**

EASY PUMPKIN

• ice cream •

INGREDIENTS

- 2 frozen bananas
- ½ cup **pumpkin puree**
- ¼ cup **vanilla almond milk**
- 1 tsp. **pumpkin pie spice**
- 2 packets **stevia**

Add to cart

DIRECTIONS

- 1.** In a blender or food processor, puree all ingredients.
- 2.** Transfer to an air-tight container and place in freezer to harden a bit more.
- 3.** Top with **cacao chips**, **nuts** or **sugar-free maple syrup** and enjoy!

GUILT-FREE BANANA

• ice cream •

INGREDIENTS

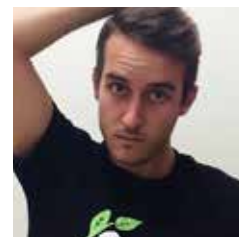
- 5 frozen bananas
- 1 tsp. **vanilla**
- ¼ cup **coconut oil**
- 1 tsp. **cinnamon**
- 2 Tbsp. **agave nectar**
- 1 Tbsp. **almond butter**
- 1 cup **shredded coconut**
- Pinch of salt

Add to cart

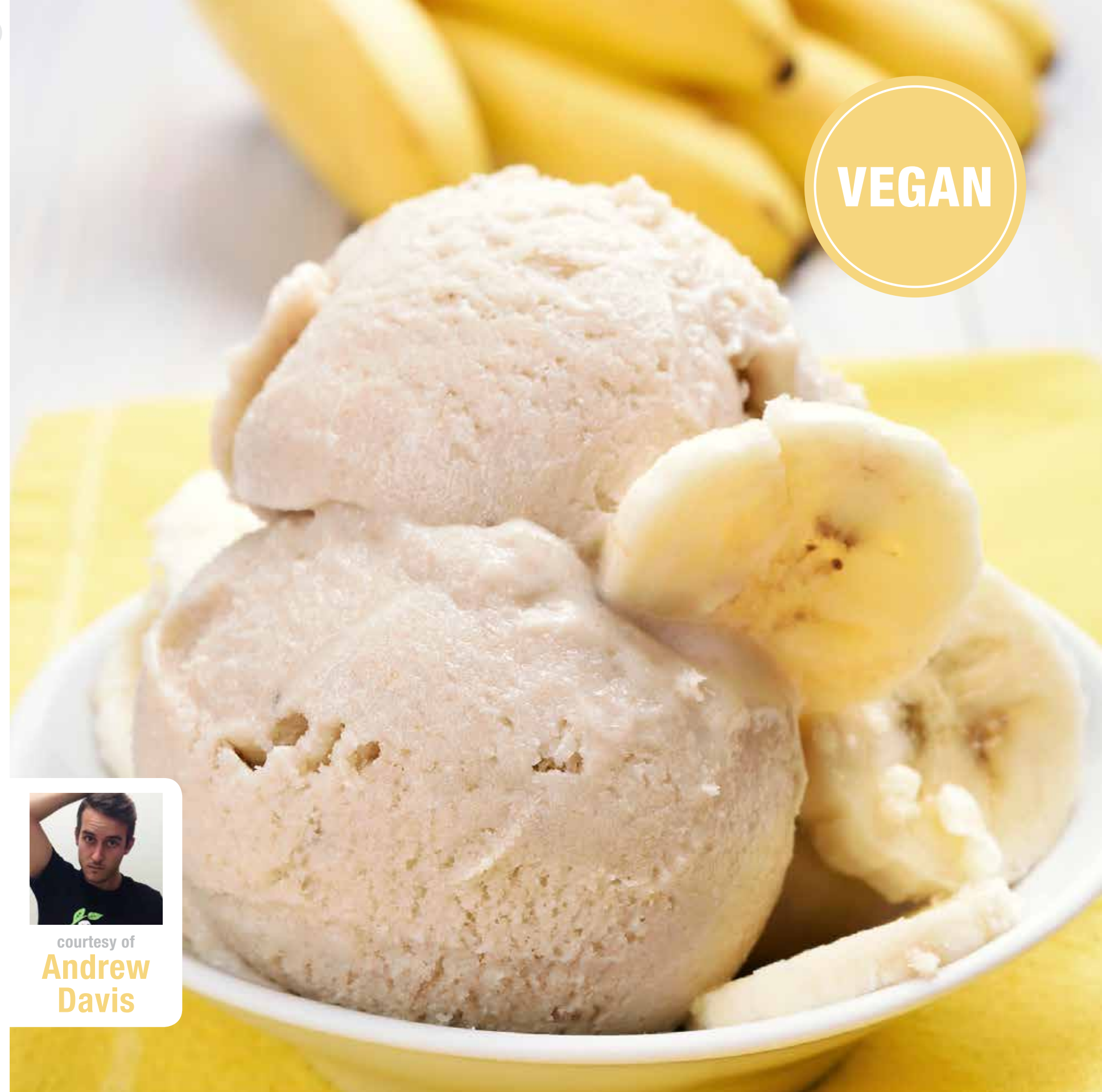
DIRECTIONS

1. Place frozen bananas in food processor and pulse until smooth.
2. Add remaining ingredients and pulse again for 30 seconds to a minute.
3. Eat right away or place in the freezer for up to two hours.

VEGAN



courtesy of
**Andrew
Davis**



NO-BAKE
COOKIE
DOUGH



courtesy of
Liana
Werner-Gray

COOKIE DOUGH ICE CREAM

• sandwiches •

INGREDIENTS

Cookie Dough

- 4 cups **almond meal**
- 10 tsp. **maple syrup**
- 2 tsp. pure **vanilla extract**
- 1/2 tsp. sea salt
- 4 Tbsp. **cacao nibs**

Ice Cream

- 3 cups **cashews**, soaked in water for 3 hours
- 3/4 cup **coconut oil**
- 3/4 cup maple syrup
- 1 Tbsp. pure vanilla extract
- 1/8 tsp. **sea salt**
- 1/4 cup lemon juice

Add to cart

DIRECTIONS

1. In large bowl, mix together all cookie dough ingredients, adding water as needed to make dough moldable.
2. To make the sandwich base, press half of the dough mixture into muffin tin wells. Reserve remaining dough for sandwich tops
3. In a high-speed blender, combine all ice cream ingredients and process until completely smooth.
4. With a spatula, scrape ice cream onto sandwich bases. Freeze for 2½ hours or until ice cream is firm.
5. Press remaining dough on top of ice cream.
6. Store ice cream sandwiches in freezer, or for a softer consistency, keep in refrigerator.

MINTY GREEN PROTEIN

• ice cream •

INGREDIENTS

- 2 scoops **Manitoba Hemp Pro 70 Protein Powder**
- 1/2 - 3/4 cup **unsweetened vanilla coconut milk**
- 1/3 cup spinach, frozen
- 1-2 Tbsp. **cacao nibs**
- 2 Tbsp. **Nutiva Coconut Manna**
- Ice, to preferred texture
- 1/4 tsp. mint extract or fresh mint leaves
- Pinch of pure stevia, optional

Add to cart

DIRECTIONS

1. In a high-speed blender, combine all ingredients until smooth.
2. Freeze until desired consistency is reached.



courtesy of
Mo,
the Morselist

HEMP,
HEMP,
HOORAY!





KID-
FRIENDLY

FROZEN CHOCOLATE BANANA • protein pops •

INGREDIENTS

- $\frac{3}{4}$ cup **PlantFusion Chocolate Caramel Phood Protein Powder**
- $\frac{3}{4}$ cup **organic coconut oil**, melted
- 2 large bananas, cut into three pieces each
- 6 popsicle sticks

TOPPINGS

- **Almond butter**
- **Shredded coconut**

Add to cart

DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Stick a popsicle stick into each banana portion. Place bananas on baking sheet and freeze for at least one hour (overnight is better).
3. In a small bowl, combine melted coconut oil and protein powder. Dip each frozen pop into mixture, letting excess oil drip off. The chocolate will begin to freeze. Place pops back on parchment paper. Double dip if necessary.
4. Top with almond butter and shredded coconut. Place pops back in freezer overnight to set.
5. Serve frozen.



courtesy of

**Margaret
Chapman**

PALEO COCONUT BASIL • sorbet •

INGREDIENTS

- 1 large egg yolk
- 3 cups **coconut milk**
- ½ cup loosely-packed fresh basil
- ½ cup **raw honey**
- 1 tsp. vodka, optional*

Add to cart

DIRECTIONS

1. In medium-sized saucepan, combine all ingredients and bring to a boil, stirring until honey is completely dissolved.
2. Remove from heat and let cool.
3. Pour into ceramic bowl and cover with plastic wrap. Refrigerate until fully chilled.
4. Freeze in an ice cream maker according to manufacturer's directions.

*A scant teaspoon of vodka can help prevent ice crystals from forming and create a creamier consistency.

PALEO-
APPROVED!



courtesy of
Paleoista





PACKED
WITH
PROTEIN

PB&C

• ice cream •

INGREDIENTS

- 1 Tbsp. [unsweetened cocoa powder](#)
- 1 Tbsp. [peanut butter](#)
- 1 scoop [vanilla](#) or unflavored protein powder
- 2 tsp. [stevia](#)
- $\frac{3}{4}$ cup [unsweetened almond milk](#)

Add to cart

DIRECTIONS

In a blender, combine ingredients and freeze for three hours.

courtesy of





100-CALORIE CARAMEL

• ice cream sundae •

INGREDIENTS

- ½ cup Arctic Zero Sea Salt Caramel Frozen Dessert
- 2 Tbsp. canned whipped cream
- 1 Tbsp. **Walden Farms Maple Syrup**
- 1 tsp. Sweet Spreads Cinnamon Roll Coconut Butter
- **Walnut pieces**

Add to cart

DIRECTIONS

- 1.** In a small bowl, heat coconut butter and maple syrup. Stir until smooth and well combined.
- 2.** In a separate bowl, add scoop of Arctic Zero. Drizzle with syrup and top with walnut pieces and whipped cream.

**SWEET
&
SALTY**



courtesy of
**Food Fitness
by Paige**



CUCKOO
FOR
COCONUT!



courtesy of
Mo,
the Morselist

CREAMY COCONUT CHILI-LIME

• ice pops •

INGREDIENTS

- 1-½ cups coconut cream or **coconut milk**, frozen into mini ice cubes*
- Juice of 3-4 limes, frozen into mini ice cubes
- 2 tsp. **chili powder** (or to taste)
- 2 Tbsp. **vanilla**
- **Pure stevia**, to taste

Add to cart

DIRECTIONS

1. In a high-speed blender or food processor, combine all ingredients and blend to a soft, creamy consistency.
2. Fill containers or individual ice pop molds with mixture and freeze for approximately one hour. (Or enjoy immediately, as is, served in a bowl!)

*For best consistency, freeze coconut cream (or a mixture of coconut cream and coconut milk) in mini ice cube trays. Mini cubes blend better than full-sized cubes if you don't have a high-speed blender.

STRAWBERRY PROTEIN

• ice pops •

INGREDIENTS

- 1 scoop **Vega Berry Sport Performance Protein Powder**
- 1/3 cup water
- 2 Tbsp. **organic cane sugar**
- 10 oz. frozen organic strawberries

Add to cart

DIRECTIONS

- 1.** In a blender, process all ingredients until thick and smooth.
- 2.** Pour mixture into ice pop molds and set in freezer for at least an hour, or until solid.
- 3.** Chill out and enjoy!

Tip: Add ingredients to the blender in the order they're listed above for better mixability.



courtesy of
**Lizz
Lotts**

**FRUITY
FRESH**

TWO
PAWS
UP!



courtesy of
**Olivia
V.**

HEALTHY FROZEN TREATS

• for dogs •

Chicken AND Apples

INGREDIENTS

- ½ cup **low-sodium chicken broth**
- ½ cup **unsweetened applesauce**
- 1 Tbsp. parsley

Add to cart

Peanut Butter AND Jelly

INGREDIENTS

- ¼ cup **unsalted peanut butter**
- 1 cup strawberries
- 1 banana

Add to cart

PUMPKIN CREAMSICLE

INGREDIENTS

- ½ cup **canned pumpkin**
- ½ cup **unsweetened coconut milk**
- 1 Tbsp. **flaxseeds**

Add to cart

DIRECTIONS

1. In a blender, combine all ingredients and process until smooth.
2. Pour into an ice tray and place in freezer until solid.



• TOPPINGS •

5-Ingredient Chocolate Mint Sauce

courtesy of
Liana Werner-Gray

INGREDIENTS

- ⅔ cup **cacao powder**
- ½ cup **maple syrup**
- ¼ cup **extra-virgin coconut oil**
- ⅛ tsp. **mint extract** or mint oil
- ½ cup fresh mint leaves

Add to cart

DIRECTIONS

- 1.** In a high-speed blender, combine all ingredients. Blend until smooth.
- 2.** Adjust measurements as necessary. Add more cacao powder for more chocolate flavor. Add more maple syrup for a sweeter sauce.
- 3.** Serve as a topping for ice cream, brownies and cupcakes. Can also be used as a dip with strawberries and other fruits.

Easy-Peasy Caramel Sauce

courtesy of
Kimi Harris, The Nourishing Gourmet

INGREDIENTS

- 1 cup **granulated coconut sugar** (or whole cane sugar, such as rapadura)
- ¼ cup **honey**
- 2 Tbsp. **coconut oil** or butter
- Dash or two of unrefined **salt**
- ½ cup full-fat **coconut milk**
- 1 tsp. **vanilla**

Add to cart

DIRECTIONS

- 1.** In a small saucepan over medium heat, stir together the coconut sugar, honey, salt and coconut oil until the honey and coconut oil are melted.
- 2.** When it starts to bubble, set the timer for two minutes. Stir once or twice while it's bubbling.
- 3.** Very carefully stir in the coconut milk. Once it has returned to a low simmer, simmer for another minute or two, or until the mixture has thickened up again. (Tip: It will thicken up considerably as it cools. You want it to be thick enough to coat a spoon, but still thin enough to drizzle easily. **And, don't heat longer than two minutes!**)
- 4.** Remove from heat and stir in vanilla.
- 5.** Let cool to desired temperature before serving. Sauce can be refrigerated for up to 2 weeks.

Vegan Coconut Milk Whipped Cream

courtesy of
Jessica Meyers Altman, Garden Fresh Foodie

INGREDIENTS

- 15 oz. can full-fat **coconut milk**
- 1 tsp. **cinnamon**
- 1-½ tsp. **agave nectar**
- **Note:** substitute ½ tsp. **cocoa powder** for cinnamon for chocolaty whipped cream

Add to cart

DIRECTIONS

- 1.** Chill coconut milk in the refrigerator for several hours or overnight. Open can. Pour off water at top (Tip: Save water for cooking or smoothies!)
- 2.** Scoop remaining contents (will resemble cream) into mixing bowl. Use electric mixer to whip at high speed, adding in cinnamon and agave while mixing.
- 3.** Refrigerate until ready to use. (Note: Whipped cream will be thick, but not as thick as conventional whipped cream.)

