

# MASON JAR ICE CREAM

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## INGREDIENTS

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1 cup heavy cream  
1 tsp vanilla  
1 tbsp cocoa powder  
2 tbsp Lilly's chocolate chips  
stevia to taste

## PROCEDURE

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Combine all ingredients in a wide mouth pint sized mason jar.  
Screw lid on tight and shake vigorously for 5 minutes.  
The liquid inside should double in volume, filling the mason jar.  
Freeze for at least 3 hours up to 24 hours.

### Other ideas:

Peppermint extract, almond extract, peanut butter, toasted almonds, cinnamon, sea salt, strawberries, blueberries, raspberries, blackberries, vanilla protein powder, unsweetened coconut flakes.

Can substitute 1/2 heavy cream and 1/2 coconut milk  
Could use a mixer for 3-4 minutes instead of shaking. Pour into smaller containers for individual servings.