

## **Delicious Frozen Coconut Dessert**

4 cups coconut milk  
2 cups organic Walnuts (chopped)  
1/2 cup xylitol

Blend till together and freeze in custard dishes for a couple hours for a great dessert. If you freeze for too long you will have to scrape it like ice or leave on counter for a while to defrost.

Just delicious and simple. You could add frozen berries or fresh fruit on top after freezing.

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