



Strawberry Ice Cream Bars

- ⌚ Prep Time: 10 minutes
- ❄️ Freezing Time: 4-6 hours
- ⌚ Total Time: ~6 hours
- 💰 Cost per Serving: \$ 1.50
- 🔥 Calorie Count per Serving: 120 calories



Ingredients :



For the Strawberry Ice Cream:

- 2 cups fresh strawberries (hulled and sliced)
- 1 cup heavy cream
- 1 cup unsweetened almond milk (or regular milk)
- ½ cup granulated sweetener (like erythritol or sugar)
- 1 tsp vanilla extract



For the Chocolate Coating (Optional):

- 1 cup sugar-free dark chocolate chips
- 2 tbsp coconut oil

Tools You'll Need:

- Ice cream molds with sticks [Amazon link here](#)
- Blender or food processor
- Small saucepan (if making the chocolate coating)

Preparation :

- Prepare the Strawberry Base
- Blend strawberries with sweetener in a blender until smooth.
- Add heavy cream, almond milk, and vanilla extract to the strawberry puree. Blend until combined.
- Pro Tip: If you prefer a chunky texture, pulse the blender instead of pureeing fully.
- 2. Pour into Molds
- Carefully pour the mixture into ice cream molds. Leave a small gap at the top to allow for expansion during freezing.
- Insert sticks into the molds.
- 3. Freeze Until Firm
- Freeze the molds for 4-6 hours or until the bars are completely solid.
- 4. Optional Chocolate Coating
- Melt chocolate chips with coconut oil in a microwave or double boiler. Stir until smooth.
- Once the bars are frozen, dip them into the chocolate mixture or drizzle the chocolate on top.
- Pro Tip: Sprinkle crushed nuts, shredded coconut, or freeze-dried strawberry bits on the chocolate before it hardens for extra texture and flavor!

