

# CHOCOLATE ICE CREAM WITH CARAMEL SAUCE

BY: CHELSEA'S MESSY APRON

PREP TIME: 20 MIN CHILL TIME: 2 HRS TOTAL TIME: 20 MIN SERVINGS: 6

## INGREDIENTS

1 large sweet potato  
1 bag (10 ounces) dark chocolate chips  
2 teaspoons pure vanilla extract  
1/2 teaspoon fine sea salt  
1/4 cup coconut sugar,  
1 container (11 ounces) Premier Protein chocolate shake

### "Caramel" Sauce

3 tablespoons coconut oil (measured when solid)  
3 tablespoons real maple syrup  
1.5 tablespoons almond butter  
1/8 teaspoon fine sea salt  
1/4 teaspoon pure vanilla extract  
Optional: additional dark chocolate to top the ice cream with

## DIRECTIONS

1. Wash and scrub the sweet potato. Pierce with a fork several times over the potato. Place on a microwave safe plate and microwave for 5 min, flip and microwave for another 5 minutes.  
2. Place the bag of chocolate chips and microwave in increments of 20 seconds, stirring in between

each increment for 15 seconds until smooth and melted.

3. Remove the skins of sweet potato and THOROUGHLY mash the potato. Pack into a measuring cup to get exactly 3/4ths a cup. Place in a large blender.

4. Add melted chocolate to the blender along with the vanilla, sea salt, coconut sugar\*, and Premier Protein chocolate shake

5. Place lid on the blender and blend on high for at least 1 min or until ingredients are completely smooth.

6. Transfer to an ice cream maker and prepare according to manufacturer's directions then transfer to an airtight container and place in the freezer to continue firming up. Freeze for 2-3 hours before enjoying.

7. If you don't have an ice cream maker, place the mixture in an airtight container in the freezer. Stir every half hour for 2-3 hours or until the mixture is ice cream consistency.

## DIRECTIONS

### "Caramel" Sauce

1. Add the (solid) coconut oil and maple syrup in a microwave safe bowl. Melt in the microwave for 30 seconds, stir and return for another 30 seconds or until melted and smooth. Stir in the almond butter and whisk until smooth. Add in the sea salt and vanilla extract and again whisk to combine.
2. Set aside, leaving at room temperature, to firm up for about 30 minutes. Top the ice cream with the sauce and a few chocolate chips if desired.

\*The ice cream might not need the coconut sugar depending on your personal preference; taste before adding and add after blending if desired.