



## Coconut Ideals



10-12 ideals



30 mins + freeze time

### INGREDIENTS

- 4 cups water
- 1 can (14 oz) sweetened condensed milk
- 1 cup canned coconut milk (unsweetened)
- 1 cup grated fresh coconut (or unsweetened dried)
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- ½ teaspoon grated nutmeg
- Pinch of salt

### DIRECTIONS

1. In a medium saucepan over medium heat, combine water, grated coconut, sugar, and salt.
2. Bring just to a simmer, stirring until sugar dissolves.
3. Remove from heat and let cool for about 10 minutes.
4. Blend the mixture briefly and strain through a fine sieve or cheesecloth.
5. Stir in sweetened condensed milk, coconut milk, vanilla, and nutmeg.
6. Use small clear plastic bags (snack-size or special “ideal bags”) and fill each about  $\frac{2}{3}$  full.
7. Twist the top to expel air and tie securely with a knot or twist-tie.
8. Lay flat in a single layer in freezer until solid, about 4–6 hours or overnight.
9. Cut a small corner of the bag or bite off the tip and squeeze out the frozen coconut goodness — just like in Belize!