

Organic Coconut Bliss Frozen Dessert (Vegan, Gluten-Free, Soy-Free)

In case you hadn't noticed, coconut milk-based ice cream is all the rage in the dairy-free community these days … and for good reason, it is awesome! Honestly, I feel sorry for my friend who is allergic to coconut, as it seems to be the perfect medium for dairy-free, soy-free “ice creams” and yogurt.

My first experience with coconut-based ice cream was Turtle Mountain's So Delicious, which I loved, but a few people told me I had to try the “real stuff,” Coconut Bliss. It always amazes me how unique seemingly similar products can be, but it is so true with these two brands. While I worship both, they each have their own attractions.

Coconut Bliss is a pure grown-up luxury. It was so incredibly rich and creamy, that I would swear I was enjoying the most premium of dairy-based ice creams. And while it was of course sweet, it wasn't overly so. Almost like stepping up from 50% bittersweet chocolate to 70%, this ice cream is definitely a dessert, yet it wasn't candy-sweet. Rather, it was kissed with the perfect amount of agave nectar to allow your sweet tooth to feel satisfied while retaining the ability to really savor the other ingredients present.

Naked Coconut – Rich, luxurious, and perfectly sweet … what more could you want in an ice cream? The flavor was definitely coconut, but not in an “in your face” sort of way. It actually possessed a complimenting yet mellow vanilla vibe. As an added bonus, my tongue detected not a single ice chunk as I enjoyed the rich mouth feel of this sweet cream. The only change in texture came from the bits of coconut scattered throughout.

Chocolate Hazelnut Fudge – This flavor had a very intense cocoa flavor, much more so than other chocolate ice creams I have tried in the past. While the chocolate did “mask” the coconut flavor altogether, it was a bit too strong for my vanilla-loving palate, but I still had no problem in finishing my sizable serving off. A ribbon of fudge made its way through this flavor, also adding to the intense cocoa flavor, along with some very sizable nut chunks. I was thoroughly impressed with the latter, as I enjoyed at least one or two chunks in every bite.

Cherry Amaretto – This flavor is the bomb (am I showing my age by working this word into a review?). The smooth cherry taste blends with just enough sweetener for a mature cherry-vanilla vibe, while the soft hints of luxurious coconut milk round out the overall flavor.

Lest you feel guilty about inhaling a large serving of ice cream, while this brand isn't low in fat (luxury does come at a price), it is out of control natural. For example, the ingredients in the Naked Coconut are: Organic Coconut Milk, Organic Agave Syrup, Organic Dried Coconut, Organic Coconut Extract, Organic Fair Trade Vanilla Extract

I will certainly be seeking out Coconut Bliss in the future, as I am bursting to trial their Vanilla Island and Mint Galactica flavors too!

This is a third party review, for more information on these products, visit the Coconut Bliss website.