

Purely Decadent made with Coconut Milk Ice Cream - Cookie Dough (Vegan, Gluten-Free)

Most of my Turtle Mountain Reviews (So Delicious and Purely Decadent) are grouped together with a few different flavors / variations inside, but this one deserves its own headline. It really is like a dream come true … premium ice cream meets sizable gobs of cookie dough, all with a label that reads dairy-free and gluten-free. The only thing that could perfect it further would be the claim of soy-free, like their other coconut milk-based ice creams, but you can’t have it all. Well, you can come close to having it all, it is soy protein-free; just a wee bit of soy lecithin and soy oil is present.

But enough about the label, I am sure you are dying to know what’s inside! My ice cream scoop practically melted into the perfect looking sweet cream. It was firm, yet soft and forgiving like a true premium ice cream. As I removed the first scoop, sizable balls of in tact cookie dough surfaced. I am not ashamed to admit that I became giddy with anticipation of the flavors to come. When it first touched my tongue I was a bit shocked by the sweet coconut flavor, so potent in comparison to the neutral vanilla backdrops of most cookie dough ice creams. However, it quickly gave way, as the luxurious cream melted into the background, allowing the large slivers of chocolate and mini-mounds of cookie dough took center stage. Incredible! On a scale of 1 to 10, this frozen dessert is definitely a 15.

I have to admit, it was sheer genius to take this “ice cream” a step further and make it gluten-free. After all, the flours used in cookies are fairly irrelevant until cooked. I noticed a very slight textural difference, but mainly because I have become used to trialing various gluten-free flours and can recognize their unique textures.

Luckily, this product really is popping up all over the place, but if your local grocer isn’t carrying it, your local Whole Foods or natural food store should be able to accommodate. This is a third party review by Alisa Fleming, author of Go Dairy Free: The Guide & Cookbook. For more information on the Coconut Milk-Based Cookie Dough Pints, see the manufacturer’s website, Turtle Mountain.