

# Coconut Ice

## Ingredients:

500 Grams Icing sugar About 4¼ cups

600 Grams Desiccated coconut About 8 cups

2 Cans Sweetened condensed milk

1 Tsp Vanilla extract

Food colouring

Optional. Traditionally, coconut ice in the UK is pink and white, but I use seasonal colours.

500 Grams Milk or dark chocolate  
Almonds

Optional. About 4 cups. See note below.

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*This easy candy recipe is perfect for kids to make.*

*There's no cooking or baking required; just lots of stirring and mixing by hand.*

For an extra special treat, after you've cut (or rolled) the mixture into pieces, dip them in melted chocolate to make coconut truffles. They taste exactly like *Bounty* bars. And, if you add an almond on top, you have homemade *Almond Joy* bars.



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## Preparation:

*Makes approx. 5  
dozen pieces*

*Phil Parker,  
parkerlings.com*

1. Make sure you've washed your hands before you start.
2. Combine the icing sugar and sweetened condensed milk and vanilla in a large bowl and stir it together using a sturdy spoon.
3. Then add the coconut. Stir until it's too stiff, then get your hands in and knead the mixture making sure it's all combined.
4. The mixture will be sticky, but use additional coconut if you feel you need a dryer mixture.
5. When you're happy with the consistency, divide the mixture in half, then add your food colourings to each half, using your hands to make sure it's evenly distributed.
6. To make traditional coconut ice bars, line a square or rectangular pan with baking parchment and spread each layer into the pan, making sure to get to the edges.
  - If you're making coconut truffles, roll the mixture into 1 inch balls.
7. Refrigerate the pan or balls for a few hours to firm up.
8. Remove the pan from the fridge and cut into pieces carefully with a sharp knife.
9. If coating in chocolate, melt your chocolate and dip the pieces before laying on paper to set.
10. Store in an airtight container.