



Long Livo

Almond Milk Ice Cream: Creamy Dairy-Free Dessert

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Base

- ☐ 2 cups unsweetened almond milk
- ☐ 1 cup coconut cream (solid part only)
- ☐ 1/3 cup pure maple syrup
- ☐ 2 tsp vanilla extract
- ☐ 1 tsp lemon juice
- ☐ Pinch of sea salt

Instructions

- 1 In a large bowl, whisk together almond milk, coconut cream, maple syrup, vanilla, lemon juice, and sea salt until fully combined and smooth.
- 2 Cover the mixture and chill in the refrigerator for at least 30 minutes; this helps the flavors meld and the mixture stay cold for the churn.
- 3 Pour the chilled mixture into your ice cream maker and churn according to the manufacturer's directions, usually about 20-25 minutes, until it reaches a soft-serve consistency.
- 4 Transfer the churned ice cream to an airtight container, smooth the top, and freeze for at least 2 hours for a firmer texture.
- 5 When ready to serve, let sit at room temperature for 5 minutes, scoop, and enjoy. Add optional toasted almond slices or a drizzle of maple syrup if desired.

Nutrition per serving

210 kcal

Calories

3 g

Protein

19 g

Carbs

14 g

Fat

Tips & notes

- If the ice cream is too hard after freezing, let it sit a few minutes longer before scooping.
- For extra nuttiness, toast almond slices lightly before adding as a topping.
- You can substitute the maple syrup with agave nectar for a milder sweetness.