



Long Livo

Paleo Cinnamon Ice Cream Recipe

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Base

- ☐ 2 cups full-fat coconut milk
- ☐ 1/3 cup honey
- ☐ 1 ½ tsp ground cinnamon

- ☐ ½ tsp vanilla extract

- ☐ ¼ tsp sea salt

Optional Swirl

- ☐ 2 tbsp almond butter (optional)
- ☐ 1 tsp extra cinnamon for dusting

Instructions

- 1** In a saucepan, combine coconut milk and honey. Warm over low heat, stirring until honey fully dissolves —no boil, just warm.
- 2** Add ground cinnamon, vanilla, and sea salt. Stir gently and let the mixture sit for a minute so the spice awakens.
- 3** Remove from heat, cover, and chill in the refrigerator for at least 30 minutes. The cooler the base, the smoother the churn.
- 4** Pour the chilled mixture into your ice cream maker and churn according to the manufacturer's directions, about 20-25 minutes, until it reaches soft-serve consistency.
- 5** If using, fold in almond butter gently, then transfer the ice cream to a freezer-safe container. Sprinkle extra cinnamon on top, smooth the surface, and freeze for another hour.

Nutrition per serving

210 kcal

Calories

2 g

Protein

12 g

Carbs

18 g

Fat

Tips & notes

- If the ice cream feels too soft after chilling, add a handful of frozen coconut cream cubes before the final freeze.
- Taste the base before churning; you can add a bit more honey if you prefer a sweeter treat.
- For a firmer texture, freeze the mixing bowl before step 3.