



Long Livo

Paleo Vanilla Ice Cream Recipe

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Base

- ☐ 2 cups full-fat coconut milk
- ☐ 2 ripe bananas, sliced and frozen
- ☐ 1 tbsp honey (or maple syrup for vegan)

- ☐ 1 tsp pure vanilla extract

- ☐ Pinch of sea salt

Optional Toppings

- ☐ 2 tbsp chopped toasted nuts
- ☐ Fresh berries for garnish

Instructions

- 1 Combine the coconut milk, frozen banana slices, honey, vanilla extract, and sea salt in a high-speed blender.
- 2 Blend on high until the mixture is completely smooth and looks slightly thick, about 1-2 minutes.
- 3 Taste the blend; if you'd like it sweeter, add a drizzle more honey and give it a quick pulse.
- 4 Pour the mixture into a shallow metal pan, cover, and place in the freezer.
- 5 Every 30 minutes, remove from freezer and vigorously stir with a fork or whisk to break up ice crystals. Repeat 4-5 times until creamy.
- 6 When the ice cream is firm but scoopable, serve topped with toasted nuts or fresh berries.

Nutrition per serving

210 kcal

Calories

2 g

Protein

20 g

Carbs

15 g

Fat

Tips & notes

- For an ultra-smooth texture, chill the mixing bowl before blending.
- If the mixture feels too thick, add a splash of coconut water.
- Experiment with a dash of cinnamon for a warm twist—see my cinnamon ice version.