

Zucchini Bread Recipes

Almond Milk Ice Cream Recipe

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups unsweetened almond milk
- [ ] 1/3 cup pure maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 pinch sea salt
- [ ] 1 tsp fresh lemon juice

Optional Mix-ins

- [ ] 2 tbsp cacao nibs
- [ ] Fresh berries
- [ ] Chopped toasted almonds

Instructions

1. In a medium saucepan, combine almond milk, maple syrup, vanilla, and sea salt. Warm over low heat, stirring gently until the sweetener dissolves.



2. Remove from heat, stir in lemon juice, and let the base cool to room temperature.



3. Transfer the mixture to a shallow metal pan, cover with parchment, and place in the freezer. After 30 minutes, stir vigorously to break up ice crystals.



4. Repeat stirring every 30 minutes for the next 2 hours, then fold in any optional mix-ins and freeze until firm.



5 Before serving, let the ice cream sit for 5 minutes at room temperature, then scoop and garnish as desired.



Nutrition per serving

210 kcal	4 g	35 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture freezes too hard, let it soften slightly before the final stir.
- For a richer taste, add a splash of coconut cream during the heating step.
- Adjust sweetness by tasting the base before freezing; some prefer a lighter touch.