

Zucchini Bread Recipes

Paleo Cinnamon Ice Cream

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups full-fat coconut milk
- [ ] 1/4 cup pure maple syrup
- [ ] 2 teaspoons ground cinnamon
- [ ] 1 teaspoon vanilla extract
- [ ] 1 tablespoon fresh lemon juice
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Toasted coconut flakes
- [ ] A drizzle of melted dark chocolate (dairy-free)
- [ ] Ground cinnamon for garnish

Instructions

1. In a medium saucepan, combine coconut milk, maple syrup, cinnamon, vanilla, lemon juice, and sea salt.



2. Heat gently over low heat, stirring constantly, until the mixture is warm and the cinnamon aroma rises—about 5 minutes; avoid boiling.



3. Remove from heat and let the base cool to room temperature, then cover and place in the fridge for 20 minutes.



4. After chilling, pour the mixture into a shallow, freezer-safe container; freeze for 45 minutes.



5 Stir vigorously with a fork or whisk, breaking up any ice crystals. Return to freezer.



6 Repeat the stirring every 30 minutes for 2-3 rounds until the ice cream is smooth and creamy.



7 Spoon into bowls, garnish with a sprinkle of cinnamon, toasted coconut, or a drizzle of dark chocolate. Serve immediately.

Nutrition per serving

210 kcal	2 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter ice cream, add an extra tablespoon of maple syrup before freezing.
- Using a chilled bowl and spatula helps keep the texture smooth.
- For a richer flavor, toast the cinnamon briefly in a dry pan before adding it to the base.