

Zucchini Bread Recipes

Paleo Vanilla Ice Cream – Easy AIP Vegan Keto Recipe

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

Ingredients

Base

- [ ] 2 cans (13.5 oz each) full-fat coconut milk
- [ ] 1/4 cup arrowroot powder
- [ ] 1/2 cup monk fruit sweetener (adjust to taste)
- [ ] 1 vanilla bean, split and seeds scraped
- [ ] 2 tbsp fresh lemon juice
- [ ] Pinch of sea salt

Instructions

1. Shake the coconut milk cans well, then pour into a saucepan; add the arrowroot powder dissolved in a few spoonfuls of the coconut milk to avoid clumps.
2. Add monk fruit sweetener, lemon juice, sea salt, and the vanilla seeds; whisk over medium-low heat until the mixture begins to thicken, about 5-7 minutes.
3. Remove from heat, let cool slightly, then pour into a bowl; cover with parchment and place in the freezer. If you have an ice-cream maker, churn according to manufacturer's instructions.
4. After about 2-3 hours, stir the mixture every 30 minutes if not using a machine, until smooth and creamy. Transfer to a storage container, garnish with extra vanilla seeds, and freeze until firm.
5. When ready to serve, let sit at room temperature for 5-7 minutes, then scoop and enjoy.

Nutrition per serving

210 kcal	2 g	5 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer taste, add 1-2 tbsp melted coconut oil to the base before chilling.
- A small amount of alcohol can prevent ice crystals, but this recipe stays alcohol-free for AIP compliance.
- For extra vanilla flavor, steep the split bean in the coconut milk for 10 minutes before heating.