

Plate Dream

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 raw honey
- [ ] 2 tsp ground cinnamon
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a saucepan, combine coconut milk, honey, cinnamon, vanilla, and salt. Warm over low heat, stirring, until the honey dissolves and the mixture is fragrant.
2. Remove from heat and let the mixture cool to room temperature, then cover and refrigerate for at least 2 hours (or overnight for deeper flavor).
3. Pour the chilled base into an ice cream maker and churn according to the manufacturer's instructions, usually about 20-25 minutes, until thick and creamy.
4. Transfer the soft-serve to a freezer-safe container, sprinkle a little extra cinnamon on top, and freeze for another hour to firm up.
5. When ready to serve, let the ice cream sit for 5 minutes, scoop, and enjoy the cool spice.

Nutrition per serving

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

Tips & notes

- For a smoother texture, strain the coconut milk before heating.
- If you love extra spice, add a pinch of ground nutmeg during the warm step.
- Serve with fresh berries for a pop of color and slight tartness.