

Treasure Barrel

Paleo Vanilla Ice Cream Recipe

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 (unsweetened)
- [ ] 1 vanilla bean, split and seeds scraped
- [ ] 1/4 cup honey (or maple syrup for vegans)
- [ ] 2 tbsp arrowroot powder
- [ ] 1 pinch sea salt

Optional Add-ins

- [ ] Fresh mint leaves, finely chopped
- [ ] 2 tbsp toasted coconut flakes
- [ ] Paleo-friendly chocolate chips

Instructions

1. In a saucepan, combine coconut milk, honey, and the vanilla seeds; whisk gently over low heat.
2. Mix arrowroot with a splash of cold coconut milk to form a slurry, then stir it into the warm mixture.
3. Heat just until the mixture thickens slightly, about 3-4 minutes; do not let it boil.
4. Remove from heat, add a pinch of sea salt and optional mint; let cool to room temperature.
5. Pour the base into a shallow metal pan, cover with parchment, and place in the freezer.
6. After 45 minutes, stir gently with a spatula; repeat once more after another 30 minutes, then freeze solid.

Nutrition per serving

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

Tips & notes

- If you prefer a sweeter taste, add a little more honey before chilling.
- Stirring only twice prevents ice crystals and keeps the texture smooth.
- For a dairy-free chocolate swirl, melt paleo-friendly chocolate and swirl in just before the final freeze.