

Helergon Kitchen

Paleo Vanilla Ice Cream – Dairy-Free, AIP, Vegan

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Ice Cream Base

- [ ] 2 cups full-fat coconut milk
- [ ] 2 large ripe bananas, sliced and frozen
- [ ] 1 tsp pure vanilla extract (alcohol-free)
- [ ] 2 tbsp pure maple syrup (or keto sweetener)
- [ ] 1 tsp fresh lemon juice
- [ ] ¼ tsp sea salt

Instructions

1. Place the frozen banana slices into a high-speed blender; pulse until crumbly.
2. Add coconut milk, vanilla, maple syrup, lemon juice, and sea salt; blend on high until the mixture is completely smooth and creamy.
3. Transfer the blend to a shallow freezer-safe container, smooth the top, and press a piece of parchment paper directly onto the surface.
4. Freeze for at least 2 hours, stirring once halfway through to keep the texture even.
5. When ready to serve, let it sit at room temperature for 5 minutes, then scoop and enjoy.

Nutrition per serving

210 kcal	2 g	18 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, blend in a tablespoon of extra coconut milk before freezing.
- For an extra vanilla punch, split the vanilla bean and scrape the seeds into the blend.
- A quick pulse of the blender after the first freeze helps create a smoother finish.