

Choco Fever Dream

Paleo Cinnamon 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
- [ ] 1/3 cup honey
- [ ] 1 ½ tsp ground cinnamon
- [ ] ½ tsp vanilla extract
- [ ] ¼ tsp sea salt

Optional Swirl

- [ ] 2 tbsp almond butter (optional)
- [ ] 1 tsp extra cinnamon for dusting

Instructions

1. In a saucepan, combine coconut milk and honey. Warm over low heat, stirring until honey fully dissolves—no boil, just warm.
2. Add ground cinnamon, vanilla, and sea salt. Stir gently and let the mixture sit for a minute so the spice awakens.
3. Remove from heat, cover, and chill in the refrigerator for at least 30 minutes. The cooler the base, the smoother the churn.
4. Pour the chilled mixture into your ice cream maker and churn according to the manufacturer's directions, about 20-25 minutes, until it reaches soft-serve consistency.
5. If using, fold in almond butter gently, then transfer the ice cream to a freezer-safe container. Sprinkle extra cinnamon on top, smooth the surface, and freeze for another hour.

Nutrition per serving

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

Tips & notes

- If the ice cream feels too soft after chilling, add a handful of frozen coconut cream cubes before the final freeze.
- Taste the base before churning; you can add a bit more honey if you prefer a sweeter treat.
- For a firmer texture, freeze the mixing bowl before step 3.