

Helergon Kitchen

Creamy Almond Milk Ice Cream

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

Ingredients

Base

- [ ] 2 cups unsweetened almond milk
- [ ] 1/2 cup maple syrup
- [ ] 1/4 cup coconut cream (optional)
- [ ] 1 vanilla bean, split and seeds scraped
- [ ] Zest of 1 lemon
- [ ] Pinch of sea salt

Optional Swirl

- [ ] 2 tbsp dark chocolate melted
- [ ] 1 tsp toasted almond slivers

Instructions

1. In a medium saucepan, combine almond milk, maple syrup, sea salt, and lemon zest; warm over low heat.
2. Add vanilla seeds and pod; let the mixture simmer gently for 5 minutes, stirring occasionally.
3. Remove from heat, discard the vanilla pod, and stir in coconut cream if using.
4. Cool the mixture completely in the refrigerator, about 30 minutes.
5. Pour into a freezer-safe container; place in freezer. Every 30 minutes for the first 2 hours, stir vigorously to break ice crystals.
6. If adding a swirl, drizzle melted chocolate and sprinkle almond slivers, then gently fold.
7. Freeze until firm, about 4-6 hours. Before serving, let sit at room temperature for 5 minutes.

Nutrition per serving

210 kcal	3 g	33 g	9 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
>
> - Use a chilled bowl for faster setting.
> - If the ice cream feels grainy, blend it briefly before the final freeze.
> - Adjust sweetness by tasting the base before chilling.