

Helergon Kitchen

Paleo Cinnamon Ice Cream

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups unsweetened almond milk
- [ ] 1 cup full-fat coconut cream
- [ ] 1/3 cup raw honey
- [ ] 2 tsp ground Ceylon cinnamon
- [ ] 1 tsp vanilla extract (optional)
- [ ] 1 tbsp fresh lemon juice

Instructions

1. In a saucepan, whisk together almond milk, coconut cream, honey, and cinnamon; add lemon juice and vanilla if using.
2. Warm the mixture over medium-low heat for 5 minutes, stirring gently until it’s fragrant and honey fully dissolves.
3. Remove from heat, let cool to room temperature, then cover and chill in the refrigerator for at least 2 hours.
4. Pour the cold base into an ice-cream maker and churn according to manufacturer’s instructions, about 20-25 minutes.
5. Transfer churned ice cream to a container, swirl in an extra drizzle of honey and a dash of cinnamon, then freeze for 20 minutes before serving.

Nutrition per serving

210 kcal	3 g	15 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you love vanilla cinnamon latte, add a splash of brewed espresso for a mocha twist.
- A quick tip: a pinch of sea salt brightens the sweet and spice balance.
- For a festive touch, garnish with a sprinkle of toasted almond slivers.