

Bite Spoon

Paleo Cinnamon Ice Cream – Quick, Keto, Vegan

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 2 cups full-fat coconut milk
- [ ] 1/2 cup maple syrup
- [ ] 2 tsp ground cinnamon
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 cups crushed ice

Optional Garnish

- [ ] A pinch of sea salt
- [ ] Extra ground cinnamon for sprinkling
- [ ] Toasted pecans, chopped

Instructions

1. Place the coconut milk, maple syrup, ground cinnamon, vanilla extract, and lemon juice into a high-speed blender.
2. Blend on high for about 30 seconds until the mixture is smooth and fragrant.
3. Add the crushed ice and blend again until you reach a soft-serve consistency.
4. Taste and adjust—add a pinch of sea salt or a splash more maple syrup if desired.
5. Serve immediately, sprinkling extra cinnamon and toasted pecans if you like, or place in the freezer for 30 minutes for firmer scoops.

Nutrition per serving

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

Tips & notes

- If you prefer a firmer texture, let the mixture sit in the freezer for a short time.
- Using full-fat coconut milk is key to achieving that rich mouthfeel.
- A quick chill of the blender jar helps keep the mixture extra cold.