

Paleo Coffee Ice Cream

Prep Time: 50 minutes

Yield: Serves 4

Total Time: 50 minutes

Ingredients

- 1 14-ounce can [full-fat coconut milk](#)
- 2/3 cup [coconut cream](#)
- 2/3 cup strong-brewed coffee*
- 1 tablespoon [instant coffee](#)
- 1 tablespoons coffee grinds, optional**
- 2/3 cup pure maple syrup, to taste
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon sea salt

Instructions

1. Place the bowl of your ice cream maker in the freezer overnight.
2. Add all of the ingredients to a blender and blend until smooth. Taste the ice cream base for flavor and add more pure maple syrup and/or instant coffee to taste.
3. Transfer ice cream base to your ice cream maker and churn until thick and ice cream maker begins to bog down.
4. Either serve ice cream immediately for a soft serve consistency, or transfer to a freezer-safe container and freeze 2 hours. Thaw ice cream for 10 to 15 minutes before serving.

Notes

*You can use decaf! **Coffee grinds are coffee grounds that have been brewed. You can use grinds from a recent pot of coffee, or replace the grinds with a couple teaspoons of instant coffee.

<http://www.theroastedroot.net/paleo-coffee-ice-cream/>