

# Paleo Vanilla Almond Butter Ice Cream

5 minutes

Total Time: 1 hour, 30 minutes

Yield: 1 pint of ice cream

## Ingredients

- 1 can [coconut milk](#) (full fat) or [cream](#)
- ¼ cup [honey](#), ([maple syrup](#) for vegan)
- ¼ cup [almond butter](#)
- 1 tsp [vanilla](#)
- ¼ tsp [sea salt](#)

## Instructions

1. Place all ingredients into a [Vitamix](#) (or other high-powered blender) in the order listed.
2. Blend on high for 30 seconds, or until smooth and mixture is homogenous.
3. Turn on your [ice cream maker](#).
4. Pour mixture directly from the Vitamix into the ice cream maker while it is moving.
5. Let the ice cream churn for about 20-25 minutes until it becomes a firm ball or the ice cream maker stops rotating.
6. Transfer to an airtight, freezer-friendly container and freeze for at least 1 hour, or until completely frozen.
7. Makes about 1 pint of ice cream.

## Notes

Many people ask me if they can make ice cream without an ice cream maker. The answer is yes, you can churn it by hand but I **highly** recommend investing in an ice cream maker if you want the creamiest, dreamiest, homemade ice cream possible.

<http://joyfoodsunshine.com/paleo-vanilla-ice-cream/>