



Print

Paleo Peppermint Ice Cream



Prep Time

5 minutes

Author

Autumn @wholefoodfor7

Ingredients

- 1 cup coconut cream (the white solid cream from a chilled 15oz can coconut cream) **see notes
- 1/2 cup almond or other dairy-free milk
- 1/4 cup honey
- 1 teaspoon peppermint extract
- 1/3 cup dairy-free chocolate mini chips We love Enjoy Life Foods. Can also use chopped up larger chips.
- 3-4 candy canes, crushed optional, for a fun crunch and added flavor

Instructions

1. In a blender, combine all ingredients except chocolate chips on low-medium speed until combined. In a higher power blender like a Vitamix, this is on like 3 out of 10 speeds. For less powerful blenders, use medium speed. If you over blend, the coconut cream gets chunky and there's no going back! Aim to mix, not pulverize.
2. Pour combined liquid into a freezer-friendly dish (if using ice cream maker, skip to below step. Sprinkle in chocolate chips and crushed candy canes if using. Seal and freeze until firm, about 3 hours.
3. If using an ice cream maker, pour combined liquid into the ice cream maker and follow ice cream maker instructions. Add in chocolate chips and crushed candy canes, if using, halfway through the ice cream churning process. Enjoy right out of the ice cream maker for more of a soft serve texture (our favorite!), or place in freezer for another hour for more solid scoops.

Recipe Notes

**Coconut *cream* must be used in this recipe, not coconut milk. They sell cans of coconut cream in the Asian section of my Walmart and most natural food stores. Also, you need to make sure you use JUST the cream - which only happens when the coconut cream is cold. This is vital in the texture of your ice cream. I keep my coconut cream in the fridge. You know it is chilled enough if you open the can and there is a very solid section of cream. I pour out the milky liquid (use it in smoothies!) and just use the solid cream for this recipe. Some brands of coconut cream weirdly do not solidify, due to some kind of stabilizer. I have had good success with the Thai Kitchen Coconut Cream.

Use of candy canes is optional, but my boys loved them for a bit of a fun crunch and boost of flavor. We used the Wholesome brand from our local natural food store that has fewer ingredients and no high fructose corn syrup (they do have white sugar).