

Long Livo

Paleo Vanilla Ice Cream – Easy AIP Vegan Keto Treat

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups full-fat coconut milk
- [ ] 1 ripe banana, sliced and frozen
- [ ] 1 tsp vanilla bean seeds or 1 tsp vanilla extract
- [ ] 2 tbsp tapioca starch
- [ ] 1 tbsp lemon juice
- [ ] 1-2 tbsp maple syrup (optional)

Instructions

1. In a saucepan, whisk coconut milk with tapioca starch until smooth.
2. Heat over medium, stirring constantly until the mixture just begins to thicken, about 5-7 minutes.
3. Remove from heat, stir in vanilla, lemon juice, and maple syrup if using; let cool to room temperature.
4. Blend the frozen banana with the cooled coconut mixture until fully incorporated and silky.
5. Pour into a shallow container, smooth the top, and freeze for at least 2 hours, stirring every 30 minutes for the first hour.
6. When ready to serve, let sit at room temperature for 5-10 minutes, then scoop.

Nutrition per serving

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

Tips & notes

- If you prefer a firmer texture, add an extra tablespoon of tapioca starch.
- For extra vanilla depth, split a vanilla bean and scrape both seeds and pod into the base.
- A quick swirl of melted dark chocolate (AIP-compliant) adds a luxe finishing touch.