

## RECIPE HUB

# Vanilla Hazelnut Ice Cream

## Dairy-Free Dishes

Source: [paleoinpdx.com/2013/02/12/vanilla-hazelnut-ice-cream/](https://paleoinpdx.com/2013/02/12/vanilla-hazelnut-ice-cream/)



**MAKES:**

1



**PREP TIME:**

20 MINS

Satisfy your sweet tooth with a scoop of this easy to make dairy-free vanilla hazelnut ice cream.

### INSTRUCTIONS

1. Add the coconut milk, coconut cream, vanilla, honey and sea salt to the blender. Blend on high for a couple minutes, until the mixture is smooth.
2. With your ice cream maker turned on, pour the mixture into the freezer container. Let churn for about 18 minutes. Then, add the hazelnut butter and continue to churn for another 3-5 minutes or until hazelnut butter is mixed through and ice cream is thick.
3. Scoop ice cream into a container that can be stored in the freezer. Serve some up right away or place in the freezer to firm up a bit more, if desired. I didn't do so, but feel free to garnish with some chopped raw hazelnuts.

### INGREDIENTS

- 1 can full-fat coconut milk
- 1 cup coconut cream
- 2 teaspoons pure vanilla extract
- 2 tablespoons raw honey
- Dash of Himalayan sea salt
- 1/3 cup unsweetened hazelnut butter

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. **Learn more at** [www.rmalab.com/nutrigenomix](http://www.rmalab.com/nutrigenomix)



[www.rmalab.com](http://www.rmalab.com)



[info@rmalab.com](mailto:info@rmalab.com)



403.241.4500

