

# RECIPE OF THE WEEK: PALEO EDITION

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## Coconut Vanilla Ice Cream

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### Ingredients:

#### Base:

1 can coconut milk  
2 eggs or 4 egg yolks (yolks alone give more richness)  
4 tbsp of real vanilla extract

#### Extras (all are options, you can choose none, one, or multiple!):

1/2 cup berries (chopped or blended to a puree)  
1/2 cup coconut flakes  
1/4 cup finely chopped mint  
lemon, lime, or orange zest  
3 tbsp raw honey

### Instructions:

- Boil some water in a pot and reduce to a simmer.
- Place a heat proof bowl over it in a double boiler fashion and pour the coconut milk in it. Put vanilla extract with the coconut milk and heat until hot, but make sure it doesn't come to a boil. If using mint, you can add it now.
- Whisk the eggs or yolks in a separate bowl. Add one ladleful of the now hot coconut milk to the eggs while whisking quite vigorously. What you're doing is tempering the eggs and slowly bringing the temperature up without cooking the eggs and risking that they scramble. Add two or three other ladlefuls of the coconut milk mixture and incorporate them to the eggs while whisking continuously.
- Take the tempered eggs and whisk in the bowl where the rest of the coconut milk is on the double boiler.
- Whisk for a couple of minutes non-stop to form a thick custard. Make sure it doesn't get too hot and the simmering water doesn't touch the bowl.
- Once the custard is ready, remove from the heat source and let it cool on the counter or the refrigerator
- You can add any other flavoring you want to use once the custard is cold enough to put a finger in it and feel comfortable.
- Let it cool even more in the refrigerator before freezing it.
- Put in your ice cream maker and follow its instructions or put in a baking dish in the freezer and stir vigorously every 30 minutes for about 2 to 3 hours until it's set.
- Take it out of the freezer for about 10 minutes before enjoying so it softens a bit. Serve with added coconut milk or any other flavoring you might like.

Compliments of [Paleodietlifestyle.com](http://Paleodietlifestyle.com)

