



FastPaleo

Top 10 Ice Creams of 2012

*The Top 10 Ice Cream Recipes
Shared with FastPaleo in 2012*



Compiled by James Gregory & Ute Mitchell
from Recipes Submitted by Friends of FastPaleo.com

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This is a Primal
Recipe and Includes
Dairy

Honey Pecan Ice Cream

Submitted by: [Things My Belly Likes](#)

Serves: 4 | Cooking Time: 12 Hours | Dairy

Ingredients

2 large eggs

4 egg yolks

4 tbsp honey

1 1/2 cups heavy cream

1 tsp vanilla extract

1/2 cup chopped pecans

Cooking Steps

Whip the heavy cream until it is thick and frothy (you don't need an electric whisk, handheld will do fine. Just beat vigorously for about 5 minutes). Set aside. Whisk together the eggs, egg yolk, honey and vanilla extract in a large bowl til it is a slick, yellow liquid. Fold the egg yolks into the whipped cream. Add the pecans. Pour the liquid into four individual ramekins (or one big bowl if it's all for you, which is totally acceptable – I don't know what kind of day you've had). Put in the freezer overnight. I'm talking a good 12 hour stretch because this bad boy takes a while to freeze. Gravity being what it is, those pecans are going to want to settle at the bottom so, a few hours into the freezing, you might want to remove it from the freezer and stir it up before returning and letting it solidify further. To serve cut into chunks and drizzle with cocoa powder, more honey or toasted pecans. Go crazy and make a whole sundae!

Mint Dark Chocolate Chip Ice Cream

Submitted by: [Cavegirl Cuisine](#)

Serves: 4 | Cooking Time: 40 Minutes | **Non-Dairy**

Ingredients

1 can coconut milk
1/4 cup raw honey
2 egg yolks
2 ounces 72% chocolate
1 tsp peppermint extract
2-3 drops green food coloring or a splash of spinach juice for color (optional)

Cooking Steps

Place coconut milk and honey in a medium saucepan over low heat. Whisk until blended. Add peppermint extract and optional food coloring. Stir. Whisk two egg yolks in a separate bowl. Temper the yolks by adding a small ladle of hot mixture, stirring continuously so as to not “cook” the eggs. Add a second ladle to egg mixture. Once combined, pour this back into the saucepan and stir everything together. Refrigerate until completely cooled.

Follow the directions on your electric ice-cream mixture as each one may be a little different. I put the freezing cavity in the freezer overnight and the ice-cream mixture in the refrigerator overnight and then blend in the morning for about 30 minutes. For your chocolate, add this about halfway through the blending process. Also, you can use chips for this recipe, or as I did, just chop up half of a dark chocolate bar. I seem to find better quality chocolate in bar form. Enjoy!



Dairy Free Blender Ice Cream

Submitted by: [Healthy Living How To](#)

Serves: 4 | Cooking Time: 40 Minutes | **Non-Dairy**

Ingredients

12 homemade almond milk ice cubes

1/4 c. Native Forest Organic Coconut Milk

25-30 drops NuNaturals Pure Liquid Clear Stevia or other paleo sweetener of choice such as honey

Pinch Celtic sea salt

Cooking Steps

In a high-powered blender “crush” almond milk ice cubes. Add in coconut milk, stevia, and salt and process on high until incorporated and nearly smooth. Finally add in extract and any other add-ins, like fruit, nuts or chocolate and process one more time. Enjoy!

Notes: The VitaMix has a “damper” which allows you to push the ice cream down into the blade. If your blender does not have this, you may need to stop periodically while processing to do this with a spoon. Add in your optional ingredients like fruit, nuts, chocolate etc. once the ice cream has come together. There is a fine line with this recipe between “icy” and “creamy”. It’s all in the ratio of almond milk cubes to coconut milk. If your ice cream is not creamy, add more coconut milk and take note for the next time to start with one less almond milk ice cube.

Variations: I realize the variations are endless when it comes to ice cream. I am only throwing out there the ones I have personally made and devoured. Vanilla: 1/2 tsp. Vanilla Extract. Mint Chocolate Chip: 1/8 tsp. Mint Extract + 1 Tbsp. Dark Chocolate Chips. Chocolate Nut: 1/4 tsp. Almond Extract + 1 Tbsp. Chopped Walnuts + 2 Tbsp. Hershey’s Special Dark Cocoa. Strawberry: 1/2 tsp. Vanilla Extract + 6 Medium Fresh Strawberries. Coffee: 1/2 tsp. Coffee Extract + 1/2 tsp. Vanilla Extract



Watermelon, Mint, Lime & Honey Sorbet

Submitted by: James

Serves: 4 | Cooking Time: 70 Minutes | **Non-Dairy**

Ingredients

1 quart of watermelon pulp

2 limes

5 leaves mint

2 tbsp honey

Cooking Steps

Cut up the watermelon pulp into chunks large enough to blend, remove seeds if there are any. Place watermelon pulp, chopped mint leaves, honey and the juice of both in a blender. Blend just until everything has the consistency of a melted Slurpee. Place mixture in ice cream maker, run for an hour. Garnish with mint, lime slices, and/or watermelon slices.



Dairy-Free Pumpkin Ice Cream

Submitted by: [Kate's Healthy Cupboard](#)

Serves: 4 | Cooking Time: 90 Minutes | **Non-Dairy**

Ingredients

2 cans full fat coconut milk
4 egg yolks from pastured eggs
1 1/2 cups pumpkin, fresh or canned
1/2 – 3/4 cup sweetener
2 tsp vanilla extract
1 1/2 tsp cinnamon
1 1/2 tsp nutmeg
1 1/2 tsp ginger
1 tsp cloves
1/4 tsp sea salt
1 tbsp bourbon or vodka (optional, keeps it from getting rock hard)

Cooking Steps

Whisk the egg yolks, any liquid sweetener, vanilla, all spices and salt in a bowl and set aside. Place the coconut milk and any granulated sweetener in a saucepan and bring to a simmer, do not let it boil! Remove from heat and slowly add the milk a ladle full at a time to the egg yolk mixture, whisking as you go. If the milk is too hot it will cook the eggs. Once it is all incorporated, transfer mixture to a blender and add in the pumpkin and blend until smooth. Pour mixture back into the bowl and place in the freezer for an hour to cool. Pour the mixture into an ice cream maker and follow the instructions or pour into a bread pan and freeze.





Paleo Chocolate Soft Serve

Submitted by: James

Serves: 4 | Cooking Time: 90 Minutes | **Non-Dairy**

Ingredients

3/4 quart 100% coconut cream

1/2 cup whole honey

1/2 cup organic cocoa

Cooking Steps

Shake coconut cream container well to incorporate fat. Pour 3/4 quart coconut cream into mixing bowl. Add honey and cocoa, whisk until thoroughly blended. Run in ice cream maker for 45 minutes, until consistency of soft serve.

Chocolate Ice Cream

Submitted by: [Linda C's Kitchen Table](#)

Serves: 4 | Cooking Time: 70 Minutes | **Non-Dairy**

Ingredients

2 cans full fat coconut milk
3/4 cup honey or maple syrup
1 cup cocoa
pinch sea salt
1 tbsp vanilla

Cooking Steps

Heat the coconut milk and maple syrup/honey in medium pan until it simmers. Reduce heat and simmer for a couple minutes then remove from heat. Stir in cocoa until fully incorporated. Cool mixture to room temperature, about 1 hour. Stir in salt and vanilla. Pour mixture into your ice cream maker and follow the instructions for your machine. Serve.

Variation: Chocolate Mousse

Follow instructions 1 to 5. Instead of pouring mixture into ice cream maker, pour into a dish, cover and put in the refrigerator until fully chilled. Serve in a beautiful stemmed dish.



Author Bio: Linda Collier

“I am Linda Collier. I live in Indiana. I am married to a wonderful man. I am a wife, mother, grandmother. I will be blogging from my kitchen as I learn more about this grain-free and refined sugar-free lifestyle. It is a way of holding myself accountable in maintaining a healthy weight. Having lost over 100 lbs twice in my lifetime I am loving this new way of enjoying foods without indulging in grains or refined sugars.”





Pumpkin Pie Ice Cream

Submitted by: [Healthy Living How To](#)

Serves: 4 | Cooking Time: 70 Minutes | **Non-Dairy**

Ingredients

- 1 cup Native Forest organic coconut milk
- 1/2 cup unsweetened almond milk
- 1/2 c. Fig Food Co. organic pumpkin
- 1/2 tsp NuNaturals pure liquid vanilla stevia
- 1/2 tsp Penzey's Ceylon cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp ground cloves
- 1/8 tsp Celtic sea salt

Cooking Steps

Whisk together all ingredients then process in ice cream maker.

Dairy-Free Roasted Peach Ice Cream

Submitted by: [Kate's Healthy Cupboard](#)

Serves: 4 | Cooking Time: 70 Minutes | **Non-Dairy**

Ingredients

- 1 1/2 cups fresh ripe peaches, diced
- 1 tsp cinnamon (or more)
- 2 cans full fat coconut milk
- 4 egg yolks
- 1 tbsp vanilla extract
- 1/2 cup honey or other sweetener of choice

Cooking Steps

Combine the diced peaches and cinnamon in a bowl and mix to coat the peaches. Place the peaches single layer on a parchment lined cookie sheet and bake at 400 for 20 minutes. In a blender, combine the milk, egg yolks, vanilla and sweetener and 1/4 cup of the roasted peaches and blend until smooth. Transfer the mixture to a bowl and let cool in the refrigerator or freezer for a couple of hours. Skip this step if coconut milk was in the fridge beforehand. Transfer mixture to an ice cream maker (I use the Cuisinart Ice Cream Maker) and follow its directions. Once ice cream is starting to freeze, add in the remaining peaches.



Author Bio: Kate at Kate's Healthy Cupboard

"Fitness, endurance sports, and nutrition have always been my passion. Over time I found more and more people seeking my advice on how to make changes to their exercise programs and eating to maximize their health and well-being. I found I enjoy helping others achieve their goals and it was natural that this led to me founding my own personal training and nutrition coaching business."



Paleo French Vanilla Ice Cream

Submitted by: [Paleo Mom On The Run](#)

Serves: 6 | Cooking Time: 60 Minutes | **Non-Dairy**

Ingredients

4 cans coconut milk (full fat)
4 egg yolks
2 whole eggs
1/2 cup raw honey
4 tbsp pure vanilla

Cooking Steps

Mix all ingredients in large mixing bowl until well blended. Pour the mixture in your ice cream machine. Follow the directions for your machine and sit tight! Within the hour, you will have the most delicious paleo ice cream ever! Serve this over your favorite paleo dessert or with fresh fruit.



Author Bio: Kym, Paleo Mom On The Run

“My name is Kym and I live a paleo lifestyle. I stumbled upon the paleo way of life quite by accident in 2010 and thought it was the silliest thing I ever heard. Who ever heard of not eating any grain? Well, silly as it seemed, I decided to do a 30 day challenge and my life changed! My family’s life changed too since I now cook differently.”

