



ME Recipe: Paleo Peach Ice Cream

By Coach Jillian Teta

This summer I decided to buy the ice cream maker attachment for our KitchenAid stand mixer. It has opened up a whole new world of dessert delights that fit the fat loss lifestyle. And it is super easy. Perfect.

This recipe is completely free from sweetener. The flavor and sweetness of the peaches carries it.

Ingredients:

- 6 ripe peaches, peeled (very easy to do! when peaches are ripe, the skin slips off) and pits removed
- 1 can coconut milk 1 tsp vanilla
- 1 tsp cinnamon

Directions:

Your ice cream maker should be prepped and ready/frozen before you start this recipe (as I sadly realized when I first got mine! They take about a day to freeze).

Blend all ingredients in a Vitamixer or blender until smooth. Chill for 1 hour in the fridge. Set up ice cream maker, get it ready and pour peach mixture into it. Process for 20-25 minutes. Best served immediately or within 3 to 4 hours of being back in the freezer. It will get very hard if left in the freezer overnight. You can get the consistency back by letting it thaw for 10-15 minutes and running through the food processor.