Inserting one blank line after each paragraph simply means pressing Return/Enter one time, and on Canvas you'll automatically have one blank line in between your paragraphs!

Edit   View   Insert   Format   Tools   Table

12pt ∨   Paragraph ∨   **B**   *I*   U̲   A̲ ∨   ✎ ∨   T² ∨   🔗 ∨   🖼 ∨   🎬 ∨   📄 ∨   ✳ ⚡

Here is an example. I want to make a new paragraph. So I am going to press return/enter only ONE time.|

Edit   View   Insert   Format   Tools   Table

12pt ∨   Paragraph ∨   **B**   *I*   U̲   A̲ ∨   ✎ ∨   T² ∨   🔗 ∨   🖼 ∨   🎬 ∨   📄 ∨   ✳ ⚡

Here is an example. I want to make a new paragraph. So I am going to press return/enter only ONE time.

I only pressed return/enter ONE time and I have a new paragraph with only ONE blank line in between!|
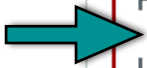
Note that typing into the Canvas Discussion Board is different from, for example, using Word or Google docs. In Word, Google docs, Pages, and the like you have to press return/enter TWICE to get a new paragraph with a blank line in between your new paragraph and your previous paragraph.

But on the Canvas Discussion Board you only have to press return/enter ONCE to get a new paragraph with a blank line in between.