



CHOCOLATE AVOCADO ICECREAM

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 5 mins

Cook time: Nil,

Freezer time 5 hours plus

Serves: 8 scoops



INGREDIENTS

- 2 large, ripe avocados, peeled and chopped
- 1 cup unsweetened coconut milk
- ½ cup honey
- ¼ cup coconut oil, melted
- ⅓ cup cacao powder
- 1 tbsp vanilla extract
- large pinch pink salt
- 2 tbsp dextrose powder (can be omitted)

METHOD

- Place all ingredients into blender and process until smooth.
- Place into freezer safe container and freeze for 1 hour.
- Remove and whisk, return to freezer.
- Whisk every 20 minutes for the next 3 or 4 hours to prevent ice forming.
- Serve when thickened and frozen, leave to stand if too hard for 5 minutes before serving.