



Avocado Ice Cream

Makes 16 servings

Ingredients:

- 8 medium avocados
- 1 cup coconut milk
- 1/3 cup unsweetened cacao powder
- 1/3 cup maple syrup
- 1 1/2 tsp vanilla
- 1/2 tsp salt
- 3/4 cup chocolate chips

Directions:

1. Remove pits and scoop meats out of the avocados and place them into a blender.
2. Add coconut milk, cacao powder, maple syrup, vanilla, and salt to the blender. Blend until smooth.
3. Put mixture into glass bread pan. Gently fold the chocolate chips into the ice cream. Smooth out the top, cover, and place ice cream into the freezer for at least 2 hours before serving.
4. Thaw slightly before serving.

Nutrition Facts:

- Avocados are packed with healthy fats, putting a healthy twist on this ice cream.
- Cacao is packed with magnesium which is good for muscles + can help lower stressed anxiety. It's also loaded with antioxidants, which help keeps us healthy.

Nutrition Facts	
16 servings per container	
Serving size	1/16 container
Amount Per Serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 16g	21%
Saturated Fat 5g	25%
<i>Trans</i> Fat 16g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 3g	6%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Picture from <https://www.foodrepublic.com/recipes/how-to-make-vegan-avocado-mint-chocolate-chip-ice-cream/>

Recipe from [pancakeshttps://blog.cleanprogram.com/avocado-ice-cream/](https://blog.cleanprogram.com/avocado-ice-cream/)