

Avocado Ice Cream



Avocado is known for its variety of health benefits, it is rich in potassium, loaded with healthy fats, high in fibre and vitamin C. This super food is also packed full of anti oxidants, that is great for your skin! For all Avocado lovers out there, get ready to indulge in this yummy and refreshing treat. Psst! No ice cream maker is needed in this recipe!

Ingredients:

- 2 avocados
- 1 cup of coconut cream
- 2 tablespoons honey
- Juice of ½ lemon

Method:

- Cut the avocado in half and remove the pit, taking out the flesh.
- Place the avocado flesh, coconut cream, honey and lemon juice into a food processor. Blend all the ingredients until smooth and creamy.
- Pour the mixture into a loaf pan and freeze for at least 4 hours before serving.

Recipe and image courtesy of Juliaandlibby.com