

CHOCOLATE AVOCADO ICE CREAM



INGREDIENTS

- 2 RIPE AVOCADOS
- 2 TABLESPOONS UNSWEETENED COCOA POWDER
- 2–3 TABLESPOONS MILK OR UNSWEETENED PLANT-BASED MILK
- 1–2 TABLESPOONS MAPLE SYRUP OR HONEY, OPTIONAL
- 1 TEASPOON VANILLA EXTRACT, OPTIONAL
- PINCH OF SALT

PREP TIME

10 MINUTES + FREEZING TIME

SERVINGS

4 SMALL SERVINGS

TIPS

- USE VERY RIPE AVOCADOS FOR THE SMOOTHEST AND CREAMIEST TEXTURE.
- START WITH A SMALL AMOUNT OF SWEETENER AND ADJUST TO TASTE.
- FOR AN EXTRA CHOCOLATEY FLAVOR, ADD A FEW DARK CHOCOLATE CHIPS BEFORE FREEZING.
- IF THE ICE CREAM BECOMES TOO FIRM, LET IT SOFTEN FOR A FEW MINUTES BEFORE SERVING.

INSTRUCTIONS

1. PREPARE THE AVOCADOS: CUT THE AVOCADOS IN HALF, REMOVE THE PITS, AND SCOOP THE FLESH INTO A BLENDER OR FOOD PROCESSOR.
2. ADD THE INGREDIENTS: ADD THE COCOA POWDER, MILK, VANILLA EXTRACT, AND A SMALL PINCH OF SALT.
3. BLEND: BLEND UNTIL COMPLETELY SMOOTH AND CREAMY. STOP OCCASIONALLY TO SCRAPE DOWN THE SIDES IF NEEDED.
4. TASTE AND ADJUST: TASTE THE MIXTURE AND ADD A LITTLE MAPLE SYRUP OR HONEY IF YOU PREFER A SWEETER FLAVOR. BLEND AGAIN UNTIL SMOOTH.
5. CHILL: TRANSFER THE MIXTURE TO A FREEZER-SAFE CONTAINER AND SMOOTH THE TOP.
6. FREEZE: COVER AND FREEZE FOR 2–3 HOURS, OR UNTIL FIRM BUT SCOOPABLE.
7. SERVE: LET THE ICE CREAM SIT AT ROOM TEMPERATURE FOR 5–10 MINUTES BEFORE SCOOPING. SERVE IMMEDIATELY.

OPTIONAL TOPPINGS:

FRESH BERRIES, SLICED BANANA, COCONUT FLAKES, CHOPPED NUTS, OR A LIGHT DUSTING OF COCOA POWDER.