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Easy Avocado Ice Cream

Ingredients

1 Frozen Avocado (shelled & pitted)
2 Tsp+ of Blue Agave or Vegan sugar
(*sweeten to taste*)
1/3+ C Almond milk
(*soy or cashew work fine too*)

Blender or food processor

Rubber spatula

Coconut Whipped Cream (optional)

1/2 C of full fat coconut milk
1/4+ of powdered sugar
Whisk

Place mixing bowl (metal is preferable) in the freezer for a few hours before starting this part of the recipe.

Instructions:

Take the frozen avocado, plant milk, and sweetener and place inside of blender. Blend until smooth.

Once it has the taste you desire, and consistency of ice cream, place it into a bowl or cup.

Grab your very cold mixing bowl and pour in the coconut milk and powder sugar. Whisk until the mixture becomes thick like whipped cream (you may



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need to whisk for a while). Then take a spoon and top off your avocado mixture!

Mine didn't turn out as pretty because...life. Make sure your avocado isn't even slightly browned. You will DEFINITELY taste it when you go to drink.

VOILA!