

# Mint Avocado Ice Cream

6 SERVINGS 30 MINUTES



## INGREDIENTS

3 eas Avocado  
2 tsps Lemon Juice (Freshly squeezed)  
2 1/2 cups Organic Coconut Milk  
1/3 cup Honey  
1/4 tsp Sea Salt  
1 tsp Gelatin  
2 1/2 tsps Peppermint Extract  
1 tbsp Vanilla Extract

## NUTRITION

### AMOUNT PER SERVING

Calories	479	Iron	1mg
Fat	40g	Vitamin D	0IU
Carbs	31g	Folate	123µg
Fiber	10g	Magnesium	44mg
Protein	4g	Zinc	1mg
Vitamin C	16mg		

## DIRECTIONS

- 01 Measure out 2 Tbsp coconut milk. Add gelatin and set aside to soften and absorb liquid.
- 02 Warm remaining coconut milk in a small pot then whisk in gelatin mixture.
- 03 Allow liquid to cool then add it and the rest of the ingredients to a blender. Process until smooth.
- 04 Pour mixture into ice cream maker and prepare according to manufacture's directions.
- 05 Enjoy right away as soft serve or transfer to a container and place in the freezer to firm.

## NOTES

RECIPE ID 703

SOURCE

Cindy Frei