

Raspberry Avocado Ice Cream

5 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a food processor and blend until smooth and creamy.
2. Serve immediately and enjoy!

Notes

Leftovers

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size

One serving is equal to approximately 3/4 cup.

More Flavor

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries

Use strawberries instead.

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup