



Chocolate Avocado Ice Cream

Ingredients:

2 avocados
½ cup 0% fat Greek yogurt
1 tsp vanilla extract
7 oz. sweetened condensed milk
1 cup 1% milk
4 tbsp unsweetened cocoa powder

Nutritional Information:

- Servings: 8
- Servings size: ½ cup
- Calories: 197 kcal
- Carbohydrates: 22 g
- Sugar: 17 g
- Protein: 6 g
- Fat: 10 g
- Saturated Fat: 3 g
- Unsaturated Fat: 7 g
- Fiber: 4 g
- Sodium: 52 mg
- Cholesterol: 80 mg

Instructions:

1. Deseed avocado and remove from skin.
2. Combine all ingredients in blender.
3. Blend until smooth.
4. Pour into ice cream maker (follow devices instructions)
 - a. If you're not using an ice cream maker, pour mixture into a freezer-safe bowl. Stir every hour and freeze until firm.
5. Top with your favorites like peanuts, sliced bananas, toasted coconut or crushed peppermint candies.