

Avocado Mint Chocolate Chip Ice Cream



INGREDIENTS

2 large, ripe avocados, cubed

¼ cup honey

¼ cup full fat coconut milk

1-teaspoon mint extract (start with less & add to desired taste)

Pinch of sea salt

Dark chocolate, chopped, to taste (or Enjoy Life chips-69% cacao)

PREPARATION

1. Add the avocados to a blender or food processor, along with honey, coconut milk, peppermint extract and salt.

2. Blend until smooth, scraping down sides as necessary.

3. Pour mixture into a freezer-safe dish and fold in the chocolate chunks.

4. Freeze for at least 2-3 hours. If freezing overnight, allow to defrost for 10-15 minutes for easier scooping.

5. Enjoy!