



CHOCOLATE AND AVOCADO ICE CREAM



preparation time
5 min



total time
125 min



serves
2



difficulty
easy

INGREDIENTS

- 1 Aurum avocado
- 100 ml milk or plant-based milk
- 20 g pure cocoa powder
- 40 g melted 85% dark chocolate
- 2-3 Medjool dates
- 1 tsp vanilla extract

PREPARATION

1. Put all the ingredients in a bowl and whisk.
2. Freeze for at least 2 hours.
3. Remove 10 minutes before serving.