

Foodnity Recipes

# Avocado Ice Cream - Vegan No-Churn Recipe

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| **10 min**<br>Prep time | **10 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Main Ingredients

- [ ] 2 ripe avocados, peeled and pitted
- [ ] 1 cup full-fat coconut milk
- [ ] 1/4 cup pure maple syrup
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

## Instructions

1. Slice the avocados, scoop the flesh into a blender, and add coconut milk.
2. Blend on high until the mixture is completely smooth and bright green.
3. Stir in maple syrup, lime juice, vanilla, and a pinch of salt; taste and adjust sweetness.
4. Pour the mixture into a shallow metal pan, cover tightly, and freeze for 30 minutes.
5. After 30 minutes, stir vigorously to break up ice crystals, then return to freezer.
6. Freeze until firm, about 1½ hours; let sit 5 minutes before scooping.

### Nutrition per serving

| 310 kcal | 4 g | 28 g | 22 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For an extra silky texture, press the avocados through a fine sieve before blending.
- If the mixture darkens, add a splash more lime juice to revive the green hue.
- Serve with a garnish of fresh mint for a aromatic finish.