

Raspberry Avocado Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 Add all ingredients to a food processor and blend until smooth and creamy.
- 02 Serve immediately and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	285	Carbs	30g
Fat	19g	Protein	3g