

Delicious Chocolate Avocado Ice Cream

Description

Amazing avocado ice cream. You will love it.

Prep time: Twenty-five minutes

Total time: Ten minutes

Servings: 3

Ingredients

- 1 15- ounce can of full fat coconut milk
- 1/3 cup of Swerve Sweetener
- 1 teaspoon of espresso powder (if desired)
- 3 ounces of sugar-free dark chocolate
- 1 teaspoon of vanilla extract
- 2 medium Avocados
- 1 1/2 teaspoon of ground cinnamon
- 1/4 to 3/4 teaspoon of chipotle powder

Instructions

1. Pour the coconut milk, espresso powder, and sweetener into a saucepan, whisk to combine, and place over medium heat. Heat until the sweetener dissolves and the mixture boils.
2. Remove from the heat source and add in the chocolate. Set aside for about five minutes until the chocolate is melted, then whisk the mixture until smooth. Add in the vanilla extract and stir.
3. Pour the avocado, cinnamon, chocolate mixture, and chipotle into a blender and blend until smooth. Transfer to the refrigerator and chill for two hours.
4. Pour into an ice cream maker and churn until it has an ice cream consistency. Serve or chill to make it firmer.