

# Tropical Ice Cream



**Servings: 4**

**Yield: 1/2 cup**

*1 1/2 avocado*

*1/4 cup maple syrup*

*7 ounces coconut cream*

*7 ounces coconut milk*

*1 teaspoon lemon juice*

*1/4 cup sugar*

*1 pinch salt*

*1 dash vanilla extract*

Combine all ingredients in a vitamix for 15 minutes until it is very thick and then freeze for two hours.

Garnish with sugared nuts and fresh fruit if desired. Serve chilled.

*Avacodo ice cream*

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Per Serving (excluding unknown items): 500 Calories; 41g Fat (68.6% calories from fat); 4g Protein; 37g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 52mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 8 Fat; 1 1/2 Other Carbohydrates.