

AVOCADO ICE CREAM



The Hokan Bowl provides an ideal solution for freezing and serving; freeze it, serve it and return it.

Add a scoop to waken up your mid-morning smoothie, savour with a green tea mid-afternoon, fool the kids as a quick and healthy mid-week pudding or treat your guests to an exotic after dinner dessert and keep everyone guessing what's in this super food 'ice-cream'...

2 avocados

1 tin of condensed milk (397g)

1 cup skimmed milk

3 limes zested and juiced

Preparation time: 3 minutes

Freeze time: 24 hrs

Serves: 8

Zest the limes, set the zest aside on the lid of the medium Hokan Bowl, and proceed to juice three of the limes. Pour the lime juice and both milks to the food processor. Take the avocados, de-seed them, scoop out the flesh and add to the food processor. Blend until smooth. Taste the mixture and add as much zest as desired. Pour into a medium Hokan Bowl, place the lid on and leave in the freezer ready for when a refreshing treat is needed.

One serving: Calories 192, Fat(g); 4.3, Saturated(g); 0.4, Sodium(mg); 211.4, Potassium(mg); 108.4, Carbs(g); 33.1, Fibre(g); 1.9, Sugars(g); 31.7, Protein(g);

5.9, Vitamin C(%); 4.1, Calcium(%); 24.2, Iron(%); 1.9

**(vitamin percentage based on a 2000 calorie/day diet)*

20% fat - 68% carbohydrate - 12% protein

