

Sweet Avocado Cream

(C, D, E, G, N, S, V)

Ingredients

2 large ripe avocados
½ cup rice or almond milk
¼ cup honey, maple syrup or brown rice syrup
½ tsp vanilla sugar
½ tsp cinnamon (optional)

Directions

1. Blend all ingredients in a blender, hand mixer or food processor until smooth
2. Cover and freeze for a minimum one hour before serving
3. Enjoy!

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