

# Mango Avocado Coconut Milk Ice Cream

## Ingredients

- 1 large, ripe avocado
- 2 Ataulfo mangos
- 2 Tbsp lime juice (or juice of 1 lime)
- ¼ cup unpasteurized honey
- 1 can coconut milk
- ½ can lite coconut milk
- 1 Tbsp Vodka\*
- 1 cup pistachio nuts, chopped (optional)

## Directions

1. Pre-chill the two cans of coconut milk if you plan to put the mix into an ice cream maker following preparation
2. Combine sliced mangos, avocado, lime juice, honey and vodka in a blender and puree until smooth and creamy
3. Add in coconut milk and stir until uniformly mixed in
4. Add mixture into your ice cream maker and follow your manufacture's instructions
5. In the last 10 minutes of mixing add in pistachio nuts if you so choose, they also make a great garnish for your guests

*\*Vodka or high alcohol spirits are added to prevent ice cream from freezing into one solid lump which can happen with non-dairy based ice creams\**

[www.GastroChef.org](http://www.GastroChef.org)