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MINT CHOCOLATE CHIP AVOCADO ICE CREAM

Not Spiralized / No-Cook / Saves Well / Vegan / Dairy-Free / Gluten-Free / Paleo / Low-Cal

NUTRITIONAL INFORMATION *Per serving (about 2 small scoops)* **Calories 172 / Fat 13g / Sat Fat 7g / Sodium 9mg / Carbs 13g / Fiber 3g / Sugar 9g / Protein 1g**

TIME TO PREPARE 5 hours

TIME TO COOK 35 minutes

SERVES 12

When my mother first discovered spiralizing, she was trying out raw veganism to help manage her blood sugar levels, as she's a type 1 diabetic. As part of that diet, she stumbled upon mint chocolate chip avocado ice cream and made it for me on several occasions when I visited her. I was always blown away by how creamy, minty, and subtly sweet it was. Thanks to my mother again for discovering another game-changing food. Moms really do know best!

Coconut cream from 2 (14.5-ounce) cans full-fat coconut milk (see Tip, page 255, *not included**)

4 ripe avocados, pitted and peeled

½ cup pure maple syrup

2 tablespoons coconut oil

1 teaspoon pure mint extract

½ cup cacao nibs

12 fresh mint leaves, for garnish (optional)

**Chef Donna Notes:* You can just purchase a can of coconut cream, or if you have cans of full fat coconut milk you can refrigerate overnight, open it in the morning and scrape the solids off into a bowl; discard the watery liquid remaining.

Line a 9 × 5-inch loaf pan with parchment paper.

In a high-speed blender, combine the coconut cream, avocado, maple syrup, coconut oil, and mint extract. Blend until smooth and creamy. Stir in the cacao nibs.

Pour the ice cream mixture into the prepared pan and freeze for at least 5 hours.

Place 2 or 3 scoops of ice cream in each bowl. Garnish with fresh mint, if desired, and serve.

TIP: *For extra decadence, melt ½ cup vegan chocolate chips and drizzle the chocolate over the ice cream.*



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