



now *that's*
a MOUTHFUL

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Matcha tea is a superfood that can boost metabolism and is packed with antioxidants. Green tea lovers will adore this sweet, rich treat that gets its ice cream-like flavor from avocado's antioxidant-rich fats. Avocados may seem like a sinful fruit, but they provide plenty of nourishment for your gut and make an excellent swap for heavy cream in dessert preparation. Avocados are rarely ripe when you buy them, so plan to store them on the windowsill or a basket two to three days, or until they are soft to the touch.

MINTY AVOCADO

Green Tea Ice Cream

Place the avocado, mint, matcha, cardamom, coconut milk, honey or agave or stevia, vanilla, xanthan gum (if using), and salt in a blender and process until smooth. Transfer to an ice-cream machine and process according to the manufacturer's instructions.

If you don't have an ice-cream maker, place the mixture in an airtight container and freeze for 1 hour. Remove from the freezer and scrape the mixture with a fork to fluff. Return the mixture to the freezer and freeze for at least 1 more hour before serving.

**MAKES 2½ CUPS
ICE CREAM; SERVES 5**

*1 large, ripe Haas avocado,
pitted and peeled*

½ cup fresh mint

2 teaspoons powdered matcha tea

½ teaspoon ground cardamom

1 (14.5 ounce) can coconut milk

*⅓ cup honey or agave nectar, or
3 tablespoons stevia*

2 teaspoons pure vanilla extract

*½ teaspoon xanthan gum
(optional)*

Pinch of salt

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½ cup
177 calories
8 g (3 g) fat
(sat)
26 g carbs
22 g sugar
4 g fiber
2 g protein
139 mg sodium
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