

Matcha Avocado Nice Cream



3 big ice cream cones

Preparation

1. Add frozen bananas, frozen avocados, matcha powder, agave syrup, sea salt and spirulina (optional) to a high-powered blender and blend until creamy. This takes about five minutes and will require some stopping, starting and scraping down the sides of the blender.
2. Serve in a bowl or a cone and garnish with desired toppings (walnuts, coconut, mini chocolate chips etc). To

Ingredients

- 4 frozen bananas (peeled and broken into chunks)
- 2 frozen avocados (peeled and quartered)
- 2 teaspoons matcha powder
- 3 tablespoons agave syrup (or another liquid sweetener like maple syrup)
- ½ teaspoon sea salt
- ¼ teaspoon spirulina (optional - for added green colour if desired)
- 3 ice cream cones
- 3 tablespoons chopped walnuts (optional)

Credit

Erin Ireland

