

Triple Berry Nice Cream

Yield: 4 cups

Prep Time: 15 minutes

Author: adapted *Vita Mix recipe*

Ingredients

- ¾ cup (180 ml) coconut cream
- 1 banana, peeled, halved
- 1 avocado, halved, pitted, peeled
- 2 cups (290 g) blueberries, strawberries or raspberries (or combination)
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cardamom
- 3 cups (390 g) ice cubes
- 1 Tablespoon (150 ml) honey, (optional)

Directions

1. Add all ingredients to a high-speed blender (Vitamix) in the order listed and secure the lid.
2. Select Variable 1, start the machine, and increase to its highest speed.
3. Blend for 30 to 45 seconds or until smooth and creamy, using the tamper to push ingredients into the blades.
4. If needed: you may need to add water or coconut cream to help mixture along. Add 3 Tbsp at a time until desired consistency achieved.
5. Garnish with fresh berries and chopped nuts, optional

Notes

For a more frozen consistency, replace the fresh berries with frozen berries.