

AVOCADO FUDGE - REBEKAH

Ingredients:

2 med avocados - cubed
1 ripe banana
1/4c honey
2/3c coconut oil - melted
1 lemon - juiced
pinch of salt
walnuts - to taste
coconut flakes - to taste

Directions:

In a food processor, combine avocado, banana, honey, coconut oil, lemon juice and salt. Blend until smooth and scrapping down the sides as necessary. Pour mixture into a 8x8 pan that is freezer safe, lined with parchment paper. Top with walnuts and/or coconut flakes. Freeze for at least 3 hours prior to cutting into cubes.