

ONE BITE

ONLINE MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



PrettyPies.com

Chocolate Avocado Gelato aka Chococados

By Emily Rose Spain

6 Servings

Ingredients

- 2 medium size ripe avocados
- 3/4 cup coconut cream from 1 13.7oz can of coconut milk
- 1/3 to 1/2 cup coconut sugar to taste
- 1/4 cup cacao powder
- 2 Tbs vanilla extract
- pinch of Pink salt

Nut-Free Brownie Balls

- 1 cup medjool dates about 10
- 2/3 cup roasted pepitas green pumpkin seeds
- 1/3 cup hemp hearts
- 1/4 cup cacao powder
- 1 tsp vanilla extract
- Generous pinch of Pink salt

Instructions:

To make the gelato:

1. Cut avocados in half and scoop out flesh (remember to save shells for serving)
2. Add avocado to food processor and blend smooth. Scrape down the sides.
3. {Use a can of coconut milk that has been refrigerated overnight} Carefully scoop out the solid cream into the food processor, saving the water for a smoothie.
4. Add 1/3 cup coconut sugar and remaining ingredients and blend smooth, making sure the sugar has dissolved.
5. Taste and adjust for sweetness, adding a couple more tablespoons of sugar, if needed, depending on the size of your avocados.

Chocolate Avocado Gelato aka Chococados

6. Fill shells with gelato and use a spatula to smooth the surface. Use a small spoon to scoop out a hole for the pit.

7. Freeze chococados for about 1-2 hours until firm. Place a brownie ball in each hole. Thaw on the counter for 20-30 minutes. ENJOY!

To make the brownie balls:

1. Soak dates in a small bowl of warm water for 5 minutes.

2. Remove dates from water (save water for blending) and slice open to remove pits.

3. Put all ingredients in a food processor and pulse until finely ground and a dough forms.

4. Stream in 1-2 tablespoons of soaking water if it needs help sticking together (or if mixture is too sticky, add 1-2 teaspoons of coconut flour)

5. Use a cookie scoop to form 13 balls. Roll each in your hands to smooth out. Wet your hands if needed.

6. Place balls on a parchment lined plate and freeze until ready to assemble.



About the author...



Hi! I'm **Emily**, the recipe developer, food photographer and content creator at PrettyPies.com.

I really like food. Especially pretty food. And eating is my favorite hobby. But a growing passion for healthy eating and years of struggling with health issues led me to change my diet. But I still love desserts, so I had to create wholesome recipes that fit my dietary needs — gluten, dairy and sugar-free. But still crazy delicious! If you have a special diet like low-carb/keto, vegan, paleo, dairy-free, etc, Pretty Pies is here for you with tons of recipes to fit your lifestyle!

[Check out her website.](#)

