



Chocolate Avocado Gelato aka Chococados

By Emily Rose Spain

6 Servings

Ingredients

- 2 medium size ripe avocados
- 3/4 cup coconut cream from 113.7oz 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:

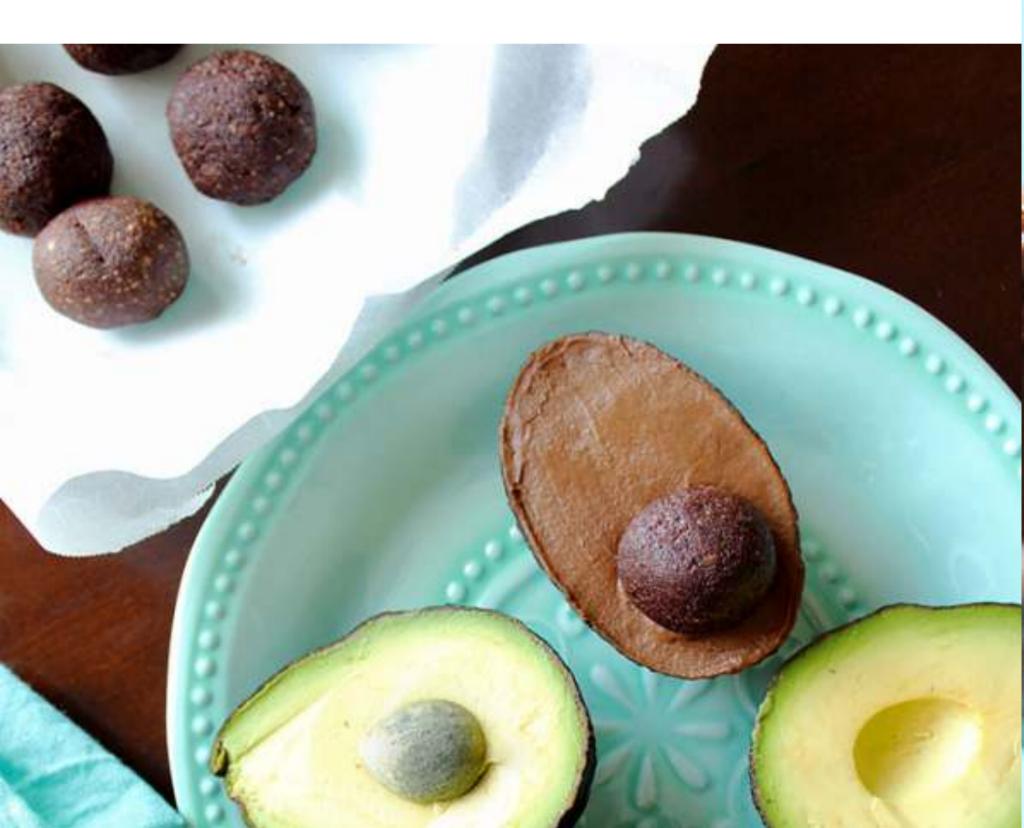
- 1. Cut avocados in half and scoop out flesh (remember to save shells for serving)
- 2. Add avocado to food processor and blend smooth. Scrape down the sides.
- 3. {Use a can of coconut milk that has been refrigerated overnight) Carefully scoop out the solid cream into the food processor, saving the 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.

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- 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.







