

Fudgesicle Frosty

{from Blendtec, serves 3-4}

2/3 cup coconut milk

1/4 cup agave nectar

1/3 cup natural cocoa powder

4 Medjool dates, pitted

1/2 large ripe avocado, peeled & pitted

3 cups ice cubes

Add the first 5 ingredients in the blender jar and secure lid. Select the "sauces" option. Add ice cubes to the jar and select "ice cream."

Bada-bing. Bada-boom. Done. Serve immediately.