

Avocado with Condensed Milk

PREP TIME: 5 MIN | COOK TIME: 5 MIN | SERVINGS: 1-2

INGREDIENTS:

- 1 avocado
- ½ Tbsp of sweetened condensed milk
- ½ cup cubed or crushed ice
- Splash of milk or non-dairy milk alternative

RECIPE NOTES:

- To make this recipe fully plant-based swap out with: Vegan Sweetened Condensed Milk or a mixture of non-dairy milk and sugar, add to taste
- Recipe is best when served immediately, but it can be stored in airtight container for 1-2 days in refrigerator

DIRECTIONS:

- Cut the avocado in half and carefully remove the pit
- With the peel intact, dice the avocado, or cut to a preferred size, and transfer to a medium sized bowl
- In bowl, pour in 1/2 Tbsp of condensed milk, add more for a sweeter taste
- Add milk or milk alternative, and mix until uniform
- Lastly, add ice to the avocado mixture and mix again until uniform
- Get creative with your toppings: add toasted nuts, granola or fruit!



RECIPE ADAPTED FROM
SWEETSIMPLEVEGAN.COM