

Avocado Ice Cream

Makes 4 servings

On Lok, August 2025

Vegetarian Delights

1	large avocado, peeled and pitted
1 cup	coconut milk
1/4 package (about 4 oz)	silken tofu, drained
3 tablespoons	agave syrup
1/2 cup	assorted berries
1/4 cup	goji berries, soaked to slightly soften

1. Place all ingredients except goji berries in a blender and blend until smooth.
2. Fold in goji berries. Transfer to a covered container and place in the freezer. Stir well every 30 minutes until completely set.

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