



Ingredients

- ✓ 1 ripe Haas avocado
- ✓ 1/4 cup coconut milk (just the thick part)
- ✓ 1/4 cup coconut sugar
- ✓ Lime zest from one lime (1Tbs.)
- ✓ Pinch of salt

Notes:

- Add a little more coconut milk if the avocado is large.
- You can substitute a different natural unrefined sweetener for the coconut sugar.

Preparation

Add all ingredients to a food processor fitted with metal blade. Blend until creamy and smooth. Chill and serve.