

Less than 30 minutes prep time + overnight freezing

Makes about 1.5L

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients

- 3 large avocados, peeled and chopped
- 1½ cans (600ml) coconut milk
- ½ cup (125ml) honey
- ½ cup (125ml) cocoa powder
- 2 tsp (10ml) vanilla essence
- 2 PnP LiveWell gluten free brownies, cubed
- Fresh fruit, for serving

Method:

1. Blitz all ingredients except brownies in a food processor or blender until smooth.
2. Pour into a 21x11cm rectangular loaf tin.
3. Swirl through brownie pieces and smooth down the top with the back of a spoon.
4. Cover with clingfilm and freeze overnight.
5. Remove from freezer 30-45 minutes before serving.
6. Serve with fresh fruit.

[Browse more dessert recipes here.](#)