

Avocado Banana Cream Delight

Indulge in this creamy, low-carb dessert that combines the rich texture of avocado with the natural sweetness of banana.

Perfect for satisfying your sweet tooth without the guilt!



Dessert

20 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 ripe avocado
- 1/2 ripe banana
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon almond milk
- 1 teaspoon vanilla extract
- A pinch of salt
- Optional: Stevia or erythritol to taste

Steps

- 1 Cut the avocado in half, remove the pit, and scoop the flesh into a blender.
- 2 Add the banana, cocoa powder, almond milk, vanilla extract, and salt.
- 3 Blend until smooth and creamy, scraping down the sides as needed.
- 4 Taste the mixture and add sweetener if desired, then blend again.
- 5 Transfer the mixture into a serving bowl or dish.
- 6 Chill in the refrigerator for about 15 minutes before serving to enhance the flavors.