

Deliciously Dark Homemade Ice Cream

Serves 4

2 c. cream	1 c. kefir
¼ c. carob	¼ c. dark cocoa
½ c. honey	½ avocado
1 tsp cinnamon	1 tbs. vanilla
2 egg yolks	

Utensils:

Blender	Spatula
Measuring cups	Measuring spoons
Ice cream maker	Measuring glass

Time: 15 minutes, plus chilling time.

Put the two cups cream, 1 cup kefir, ¼ cup carob, ¼ cup dark cocoa, ½ cup honey, ½ avocado, 1 tsp. cinnamon, 1 tbs. vanilla in blender. Blend well. Scrape the sides of the blender with a spoon. Add egg yolks. Blend for 5 seconds. Makes 1 quart. Pour into ice cream maker. Follow your ice cream maker's instructions.