GLOBAL · DESSERT · SNACK

Avocado Matcha Nice Cream (No Churn, Dairy-Free)

10 min · plus overnight freezing Makes 2 × 1 bowl (about ⅔ cup) 202 kcal a portion

Video 7:08 · Recipe30

Vegan | Paleo | Gluten-free ingredients

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Frozen avocado and banana blend into a creamy ice cream with just 2 tsp maple syrup for two bowls: about 7 g fibre and 18 g net carbs a bowl, with the avocado's healthy fats.

Diet notes: Low saturated fat (1.7 g, 8% of the energy); DASH-friendly (20 mg sodium a serve).

Ingredients 6 · MAKES 2 × 1 BOWL (ABOUT ⅔ CUP)

- [ ] 1 **ripe avocado**, peeled and frozen in chunks
- [ ] 1 **ripe banana**, sliced 1–2 cm thick and frozen
- [ ] 1 tsp matcha (green tea) powder
- [ ] a splash of **almond milk or water**, just enough to blend (about 2 tbsp)
- [ ] 2 tsp **maple syrup**, or to taste
- [ ] **black sesame seeds**, to garnish (optional)

Allergens found in the listed ingredients: Tree nuts, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the banana, slice it into 1–2 cm rounds and freeze them in a bag until solid, ideally the day before. 0:20
2. Halve the ripe avocado, remove the stone, scoop out the flesh and cut it into chunks. Freeze in a bag until solid. 1:05
3. Put the frozen avocado and banana in a food processor with the matcha powder and a splash of almond milk or water. 5:00
4. Add the maple syrup and process until silky smooth, stopping to scrape down the sides. 5:10
5. Scoop into bowls and eat straight away, sprinkled with black sesame seeds if you like. 5:25

> **Tip** Freeze the fruit the day before. Best eaten straight away; re-blend leftovers after a short thaw. Use water instead of almond milk to make it nut-free. Recipe30 says 2–3 serves; we count 2.

The method is a summary in our words — the video shows every step.

One portion, 1 bowl (about ⅔ cup), gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
202 kcal	2.7 g	25 g	7.1 g	12 g	20 mg
840 kJ	5% of a day	18 g net · 12 g sugars	26% of a day	1.7 g saturated	1% of a day
		9% of a day		15% of a day	

Energy from net carbs 38% · protein 6% · fat 56%

High in (20%+ of a day) Vitamin B6 25% · Folate 21%

Source of (10–19%) Vitamin C 15% · Vitamin E 15% · Potassium 13% · Vitamin K 13% · Magnesium 11%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=bxgDrq_ZSfw, published 10 July 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avocado-matcha-nice-cream