

HONOR LIFE

FOCUS
OF THE
MONTH

Shine with *'sun-sational'* skincare

Nourish your skin from the inside out with vitamins, minerals, polyphenols, and Omega 3s, and protect your glow with the right sunblock.



**For more information, you can contact the Medical
Nutrition Therapy Department at 928-729-8461**



AVOCADO ICE CREAM

INGREDIENTS

- 2 medium sized avocados (1 ½ cups)
- 5 tablespoons condensed milk
- ¼ tsp lemon juice
- chopped walnuts



INSTRUCTIONS

1. Cut the avocados in half, and remove the pit from the center. Use a spoon to carve the avocado from its outer shell. Place the avocado into a blender.
2. Add the condensed milk and the lemon juice.
3. Blend the avocado, condensed milk, and lemon juice until it becomes creamy and smooth.
4. Pour the mixture into freezer safe containers.
5. Place the containers in the freezer, and allow the Avocado Ice Cream to chill and harden for about 5-6 hours.
6. Remove the ice cream from the freezer, sprinkle walnuts on ice cream, and serve immediately cold.

***It's not recommended to freeze the Avocado Ice Cream for longer than 7 hours because the outer part of the ice cream will start to harden like ice. However, if it does happen, let the ice cream sit at room temperature for about 20-30 minutes to allow it to soften before serving.*