

Honey Peach & Avocado Ice Cream

Skill Level: *

Preparation Time: 5 minutes

Total Time: 5 minutes

Servings: 8

Cost Per Serving: \$0.66

Ingredients

2 cups	Frozen Peach Slices
½	Avocado
1	Lime, juice and zest
¼ cup	Honey
½ cup	Pasteurized Egg Whites

Nutrition Notes

- Many pancreatic cancer survivors prefer to have soft foods and liquids. These are easier to eat if you have mouth sores or have a small appetite or bloating. Liquids tend to be easier to digest.
- If you have a small appetite, feel full quickly, or you're losing weight, it's a good idea to choose foods and fluids that are high in calories and protein. This ice cream is rich in calories thanks to healthy fat from avocado and the pasteurized egg whites provide protein.
- After surgery for pancreatic cancer, you may not be able to digest fat as well. Talk to your doctor about pancreatic enzymes. You will get advice on how many you need to take and at what dosage. Always take your pancreatic enzymes with your meals and snacks.
- Pancreatic cancer survivors don't need to follow a low fat diet. You may find you can't tolerate greasy, fried or fatty foods, so avoid these less healthy options. Choose healthy amounts of good fats like olive oil, avocado and nut butter. Fat is an important nutrient that helps you absorb nutrients such as vitamins A, D, E and K. It is also an important source of energy that helps you add calories to your diet without adding too much bulk.
- Getting enough fluids is important to keep you hydrated. Fluids don't just mean water. Anything that is liquid at room temperature counts as a fluid. Ice cream, tea, coffee, juice, gingerale, broth, soup, jello and popsicles are all fluids.

Directions

- Put everything into a food processor and pulse until smooth and creamy.
- If it's not blending well, add a touch of water. If it's too wet add a few more peach slices.
- This should give you soft serve consistency, if you want it firmer, let it sit in the freezer for 5 to 10 minutes.

Nutrition Facts

Valeur nutritive

Serving Size (125 g) / Portion (125 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 120

Fat / Lipides 3 g **5 %**

Saturated / saturés 0.4 g **2 %**
+ Trans / trans 0 g

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 40 mg **2 %**

Carbohydrate / Glucides 21 g **7 %**

Fibre / Fibres 2 g **8 %**

Sugars / Sucres 18 g

Protein / Protéines 4 g

Vitamin A / Vitamine A **2 %**

Vitamin C / Vitamine C **15 %**

Calcium / Calcium **0 %**

Iron / Fer **2 %**