

Avocado Ice Cream

This week I am sharing with you a recipe for avocado ice cream. This ice cream is really creamy, rich and amazingly smooth. There is a touch of vanilla and lemon juice, just like how we used to make avocado smoothie in Brazil.



When living in Brazil, avocado was eaten as fruit, meaning that it was always made into cream or smoothie with sugar. So when I first was introduced to guacamole, I literally was disgusted...it was my first time tasting "salty" avocado...no need to say that I now love guacamole...

Anyway, I saw a post from Ray at Wok with Ray a while ago where he made avocado ice cream, and I just thought..."Wow, how come I never came across avocado ice cream in Brazil? It should only be natural considering that we only eat with sugar"

You should see my husband when I told him that I was planning to make avocado ice cream...he had the same reaction I had when I initially heard of guacamole...so here I am with my version of a very simple recipe for avocado ice cream...the ice cream is very rich, creamy and so good...I really hope you get to try this recipe.

Ingredients:

- 3 medium size avocados
- $\frac{1}{2}$ cup condensed milk
- 16 oz heavy cream, approximately 470 ml
- 1 cup whole milk
- $\frac{1}{4}$ cup sugar
- 1 to 2 teaspoons vanilla extract
- 2 tablespoons fresh squeezed lemon juice



Method:

Make sure that place your ice cream maker bucket insert into the freezer for at least 24 hours before you start making this recipe.

Cut the avocados in half and remove the pits. Scoop the avocado flesh into the blender and add all the other ingredients.

Blend until smooth, taste for sweetness, add more sugar if

necessary.

Transfer the avocado cream into a container and refrigerate for 2 to 3 hours.

Pour the avocado mixture in the ice cream maker by following the manufacture's instructions.

Churn until the mixture looks like soft serve, about 12 to 15 minutes.

Garnish with mint leave or anything you like, serve immediately or place in the freezer for several hours until hard enough to scoop.





I hope you enjoy this simple recipe for avocado ice cream, please check for Mango Frozen Yogurt recipe or Cherry Ice Cream recipe.



Did you know that avocado has high fat content? Although avocado contains a lot of fat, the main fat in avocado is oleic acid, which is a monounsaturated fatty acid, the same found in olive oil. Therefore avocado share many benefits of olive oil.

Thank you for stopping by Color Your Recipes...have a colorful week!