


AVOCADO ICE CREAM


Who's a lover of ice cream? Because I definitely am!


The combination of the creamy avocado with condensed milk is simply amazing - I love matching this lovely light green ice cream with crushed pistachio nuts. You won't be able to resist it.

SACHIE NOMURA



 6.5 hours

 6 ppl

 Difficult

Ingredients:

2 medium size avocados (226gm total pulp)

1 tin (395g) of condensed milk (sweetened)

2 Tbsp lemon juice (1 lemon)

375ml full cream

pinch of salt

Garnish

1/2 - 1 avocado, sliced

Condensed milk

Crushed pistachios

Method:

1. Add avocado, condensed milk, lemon juice and salt in a blender or food processor and blitz/blend into smooth puree.
2. In a separate bowl, whip the cream with a whisk until hard peaks form.
3. Mix avocado puree and 1/2 of the whipped cream to combine well.
4. Add remaining whipped cream into the bowl and fold in gently (make sure you don't over mix here).
5. Put the mixture in a tin/container (I used a 1.3 litre tin) and freeze for at least 6 hours or over night.
6. Scoop the ice cream in a bowl and serve with sliced avocado, condensed milk and crushed pistachios on top!

For other delicious recipes please check our website or follow us on Facebook and Instagram

www.nzavocado.co.nz