Avocado Ice Cream



Serves 4

Ingredients

3 small to medium ripe avocados from Mexico (approximately 340 grams or 12 ounces of avocado flesh)

1 tablespoon (15 ml) lemon juice

1 cup (250 ml) sweetened condensed milk

2 ½ cups (375 ml) whole milk

2 cups (500 ml) heavy cream

Preparation

1. Prepare the avocados: Peel and pit the avocados. Remove the flesh and place it in a blender.
2. Mix with condensed milk and lime juice: Add freshly squeezed lime juice and sweetened condensed milk to the blender with the avocados. Blend until the mixture is smooth and creamy.
3. Combine with milk and cream: Transfer the avocado

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mixture to a medium-sized bowl. Stir in the whole milk. Then, gradually add the heavy cream, whisking continuously to blend well.

4. Chill the mixture: Refrigerate the bowl.
5. Freeze without an ice cream maker: Pour the cooled mixture into a freezer-safe container. Freeze for about 2 hours, then vigorously whisk or beat with an electric mixer to break up the ice crystals. Return to the freezer.
6. Repeat for a smooth texture: Continue freezing for an additional 1 to 2 hours, then whisk again.
7. For a soft ice cream consistency, it is ready to be served now. For a firmer texture, leave it in the freezer for an additional 3 to 4 hours.
8. Serve and enjoy!