



Avocado Ice Cream

We're finishing this week's mini-series of avocado recipes with this simple ice cream recipe, which requires just a few ingredients, a blender and an ice cream maker. I like to replace the low fat milk with vanilla or almond milk for a vegan variation. Yum!

Ingredients

6 ounces avocado meat, sliced
3 cups low fat milk
1/2 cup maple syrup or granulated sugar, depending on your preference
1 teaspoon vanilla extract
Fruit and nuts of your choice

Preparation Process

Pour the avocado, 1 cup of milk and sugar into a blender and blend until smooth.

Add the avocado mixture to the remaining 2 cups of milk to a bowl and whisk thoroughly.

Add the syrup and vanilla extract and whisk again

Pour the mixture into an ice cream maker and process per the ice cream maker's instruction manual, usually 15 minutes or so

Pour into a separate container and place in a freezer for at least three hours

Serve with the fruit or nuts of your choice

If you want to watch the video again. Click [here](#).