



Garden Fresh Farm Recipes

Avocado Ice Cream

No-churn avocado ice cream is easy to make with only four ingredients yet tastes so much better than store-bought. So creamy and delicious and a RizzieFarms favorite! This frozen dessert is similar to a semifreddo.

Ingredients:

- 2 large avocados
- 1 teaspoon freshly-squeeze lemon juice
- 1 can (14 ounces) sweetened condensed milk
- 2 cups heavy cream

Directions:

Put a glass mixing bowl and beater blades in the freezer for 30 minutes before you whip the cream.

Cut avocados in half and remove pits. Using a spoon, scoop out the flesh and drizzle with lemon juice.

In a food processor or blender, combine avocado, lemon juice and condensed milk. Blend until smooth and no avocado chunks. Transfer the mixture to a large bowl.

In another bowl, add heavy cream. Using a hand mixer at low speed, beat mixture until it begins to thicken. Increase speed to medium and continue to beat for about 8 to 10 minutes or until stiff peaks form.

Add 1/3 of the whipped cream to the avocado bowl and gently fold in until there are no visible white streaks, making sure not to deflate the whipped cream. Repeat with another 1/3 of whipped cream and then the remaining 1/3 of the whipped cream.

Transfer the mixture into a loaf tin. Cover with plastic wrap, pressing down film onto the surface of the mixture.

Freeze for at least 6 hours or overnight until firm. Serve frozen.

