

Avocado Ice Cream

No Churn

THE JAMES
Mobile
Education
Kitchen

Serves: 4-6

Ingredients:

- 2 ½ cups whipping cream
- 1 14 oz can of sweetened condensed milk
- 4 medium avocados
- 1 tsp vanilla
- Pinch of salt

Directions:

1. In a mixing bowl, whip your heavy cream until its at stiff peaks.
2. Scoop out your avocados and add your sweetened condensed milk to your food processor, puree until you have a smooth and creamy avocado mixture.
3. Slowly add your avocado mixture to your whipping cream in the mixer, add vanilla and a pinch of salt.
4. Spray a loaf pan or a container that readily fits in your freezer with pan spray and pour your ice cream base into the container.
5. Allow to freeze overnight for best product or a minimum of 8 hours.

