



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

AVOCADO ICE CREAM



Who knew you could make ice cream with avocados? This ice cream is so good you'll be back for more!



03 HR 35 MINS



Serves 4 to 6



Featuring

[Shoup](#)

[Stepladder Ranch + Creamery](#)

[Swank Farms Produce](#)

[Bernard Ranches](#)

INGREDIENTS

- 2 avocados, halved, pitted, peeled
- 1 cup heavy cream
- 4 tablespoons cane sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon olive oil
- Salt to taste
- Optional: 5-10 mint leaves

METHOD

Chill a loaf pan in the refrigerator for at least 30 minutes or up to 24 hours.

In a blender, add peeled and pitted avocados and the remaining ingredients. Blend until smooth and creamy.

Pour the mixture into the chilled loaf pan and use the back of a spoon to distribute evenly. Place in the freezer for at least 3 hours or overnight.

For best results, let soften for about 5-10 minutes at room temperature before serving.