



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

## 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 Inc](#)

[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.