

Avocado Ice Cream

By: Andrea | Cooking with a Wallflower

Ingredients:

2 medium sized avocados (1 1/2 cups)
5 tablespoons condensed milk

Yields: 2 servings

Directions:

Cut the avocados in half, and remove the pit from the center. Use a spoon to carve the avocado from its outer shell. Place the avocado into a blender.

Add the condensed milk.

Blend the avocado and condensed milk until it becomes creamy and smooth.

Pour the avocado and condensed milk mixture into freezer safe containers.

Place the containers in the freezer, and allow the Avocado Ice Cream to chill and harden for about 5-6 hours.

Remove the ice cream from the freezer and serve immediately cold.

Enjoy!

**It's not recommended to freeze the Avocado Ice Cream for longer than 7 hours because the outer part of the ice cream will start to harden like ice. However, if it does happen, let the ice cream sit at room temperature for about 20-30 minutes to allow it to soften before serving.