

Others

AVOCADO ICE CREAM 1

- 2 Large Avocados
- 3 Cups cream
- 6 Tablespoons honey
- 2 Teaspoons vanilla essence
- 3 Bananas (if unavailable add another avo)
- 3 Egg whites, stiffly beaten

Blend avocado, cream, honey, vanilla and banana in small batches in blender until thick. Pour into ice cream tray or container. Beat egg whites and fold into ice cream carefully with a metal spoon. Freeze. Remove from freezer about 20 minutes before serving. Serve with fresh sliced strawberries and kiwifruit. Makes about 2 liters.



AVOCADO ICE CREAM 2

- 4 Avocados
- 20 ml Lemon juice
- 1 Granny Smith apple
- 360 ml Appletiser or apple juice
- 30 ml Brown sugar
- 1 Sprig rosemary
- 30 ml Cream
- 400 g Vanilla ice cream

Peel apple and cut into small cubes. Add sugar and rosemary to the apple juice/appletiser, and allow the apple pieces to cook in the liquid until very soft. Remove the rosemary sprig and puree the cooked apples with the cooking liquid and the cream until smooth. Peel the avocados, remove pulp and puree until smooth. Add the lemon juice to prevent browning and set aside. Mix the apple and avocado puree. Allow the ice cream to stand out of the freezer until slightly softer. Fold the puree into the ice cream until combined. Allow to set overnight in the freezer. Serves 6.
