

# I Scream, You Scream, We All Scream For California Avocado Ice Cream

(NAPSA)—Summer is here! To beat the heat, many folks reach for a cold treat to cool themselves down. Ice cream has always been synonymous with summer, but now the “coolest” of indulgences can be found in a wide array of fun and innovative flavors, thanks in part to the growing trend of artisanal ice cream.

From small batch ice creameries, to national dessert chains, to innovative home cooks, everyone has started to experiment with this traditional dessert. Now, many are working to create interesting flavor combinations and focus on using local and in-season ingredients. A flavor that is definitely on the rise is avocado ice cream.

California avocados are now in peak season and lend a creamy base and a mild, nutty flavor that serves as the perfect platform to inspire your ice cream creativity, while contributing good fats and nearly 20 vitamins, minerals and beneficial nutrients. Add a dash of vanilla extract for a classic, clean scoop. For the more adventurous, experiment with a variety of toppings and even spices.

Just in time for summer, Chef Jessica Koslow of SQIRL in Los



**Just in time for summer, try this delectable California Avocado Cardamom Ice Cream.**

Angeles developed a delectable California Avocado Cardamom Ice Cream that you can make at home. “Incorporating California avocados into ice cream is a no-brainer—the creaminess of the fruit lends itself so well to this traditional dessert, yet the innovative flavor combination puts a whole new twist on this dessert,” said Koslow.

## **California Avocado Cardamom Ice Cream**

*Recipe created by Jessica Koslow  
of SQIRL for the California  
Avocado Commission*

*Serves: 4*

*Prep Time: 10 minutes*

*Cook Time: 40 minutes*

*Total Time: 50 minutes*

## **Ingredients**

- 1½ tsp. cardamom seeds**
- 3 ripe, fresh California avocados, seeded and peeled**
- 1 cup organic sweetened condensed milk**
- 1½ cups heavy cream**
- ½ cup whole milk**

## **Instructions**

- 1. Heat oven to 350° F.**
- 2. Toast cardamom seeds for 5 minutes.**
- 3. Grind cardamom in a spice grinder and set aside.**
- 4. Place avocado, condensed milk, cream, milk, and ground cardamom seeds into a blender. Turn on to lowest setting and puree until smooth.**
- 5. Transfer to an ice cream maker and freeze per machine’s instructions.**

Note: Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

For more unique ways to enjoy California avocados, visit [CaliforniaAvocado.com](http://CaliforniaAvocado.com).