

HELEN KING

## Lime and Avocado Ice Cream

1495 OB

*Gorgeous looking and tasting ice cream – and so easy to make!*

A A really easy ice cream which doesn't need to be churned. Just make, freeze and enjoy!  
This is a standalone pudding which also goes fantastically well with fresh raspberries - or any other pudding.  
I prefer it just as it is!

B The unusual colour will have your guests guessing what's in it. They'll be astonished when they find out it isn't pistachio!

**DESCRIPTION:**

This is *definitely* the number one pudding in our household!

**1 METHOD:**

Wash the limes well in hot water, rinse in cold and dry on a kitchen towel.

2 Grate the zest [ *outer layer of peel* ] of the limes into an electric blender.

3 Place the limes on a chopping board and roll each one with pressure under your hand – this helps release the juice from the fruit.

4 Cut each lime in half and squeeze the juice from each half into the blender.

5 Cut the avocados in half and remove the stones.  
Remove the flesh of the avocados with a spoon and place in the blender.

6 Add the condensed milk to the blender.

7 Whizz all the ingredients until the mixture is smooth and well combined.  
Pull the thick mixture into a large bowl.

8 Pour the cream into a separate bowl.  
Whisk the cream lightly with an electric whisk until it just stays in soft peaks.  
By hand – this will take over 60min – by powered whisk – about 7min.  
If you over-whisk a bit, don't worry.

9 Fold the cream gently into the lime and avocado mixture, one-third at a time.  
The aim is to retain as much air as possible in the cream.

If you over-whisked - the mixture will look a little lumpy at first. Just keep folding the mixture with a large spoon until all is smooth and lovely.

- 10 Tip the mixture into 5 x freezer-proof containers [ *well washed empty take-away containers work well* ].  
Place in the freezer.  
A few hours later, the ice cream will be ready!  
Take the ice cream out of the freezer 20 minutes before you plan to enjoy it.

**NOTES:**

An electric whisk, is not essential, but is highly *recommended!*.  
If using a hand whisk, it may take as long as an hour! Think about your wrist!

D **MAKES /SERVES: 10 servings [5 x 2 servings]**

E **INGREDIANTS:**

3 x large ripe avocados  
4 x limes [for zest [peel] and juice]  
2 x 397g tins of condensed milk  
2 and 2/3 x 270ml cartons of low-fat double or whipping cream  
[eg Elmlea] [or full fat cream.]

F **SPECIAL REQUIREMENTS:**

Electric blender or food processor.  
Electric whisk  
Lemon squeezer  
Chopping board

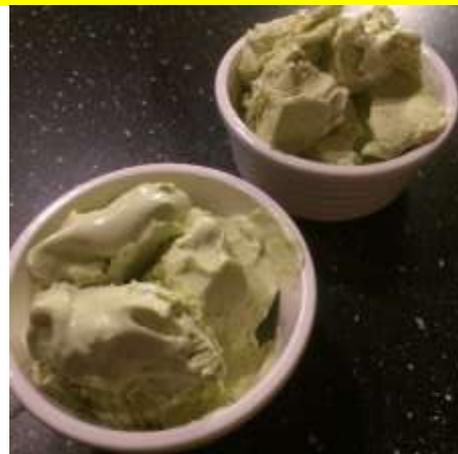
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