



Brazilian Avocado Coconut Ice Cream with Crunchy Nut Brittle

It's your choice – make it in the freezer or ice cream machine

- 1 (14 ounce) can Dulce de Leche or caramelized condensed milk
- 1 (13.5 ounce) can unsweetened coconut cream
- 2 avocados, peeled, seeded, rough chop
- 1/2 Tablespoon lime or lemon juice
- 2 teaspoons almond extract
- 1/2 cup plain Greek yogurt

Crunchy Nut Brittle

- 1/2 cup mixed cashew and sliced almonds, rough chopped
- 1/2 cup granulated sugar
- 1/2 cup water

Mix the Ingredients:

In a blender or food processor, mix Dulce de Leche condensed milk, unsweetened coconut cream, avocados, lime juice, and almond extract to combine. Add yogurt; beat until smooth and creamy.

For Freezer Made Ice Cream: Spoon ice cream mixture evenly into a freezer container; freeze until firm enough to serve. Remove from freezer; let soften slightly for easier scooping.

OR

For Machine Made Ice Cream: Follow ice cream machine directions to churn the ice cream. Store the soft serve ice cream in the freezer; remove about 15 minutes or longer to soften for easier scooping.

Crunchy Nut Brittle:

Prepare Mixed Nuts: Line a large cookie sheet or tray with parchment paper; evenly spread chopped nuts on paper. Set aside.

Make Golden Caramel: In small saucepan, combine sugar and water; cook over medium heat; stir for several minutes to dissolve the sugar. Increase heat to medium high; boil without stirring. Lightly swirl around caramel in saucepan if needed. Cook for about 12 to 15 minutes or until the mixture turns golden. Immediately pour over nuts; allow to cool and set. Roughly break caramel into shards; serve a few with the ice cream as a topping or garnish.

To Serve: For each serving: Place large scoops of ice cream in dessert cups or dishes; insert Crunchy Brittle piece into ice cream before serving. Serves: about 4

Cook's Note: When you are making a sugar caramel, it is better to use a saucepan with an internal light color inside so you can see the color change.

About the Recipe: Buttery avocados are the perfect partner for rich coconut cream, South American caramelized condensed milk, and smooth plain yogurt. The crunchy nut brittle adds a delightful crunch to the Dulce de Leche ice cream dessert.