

## **GUAM CHAMORU AVOCADO ICE CREAM**

Rich with avocado flavor, this is not your typical ice cream. This easy dessert is simply milk, avocado, and a touch of sugar. It's best served semi-frozen so you can scoop ribbons of iced, sweetened milk and avocado. Might sound odd, but it is deeeelish! These can be completely frozen in freezer-safe, single-portion containers; thaw somewhat on the counter until it is once again, semi-frozen. Yum!

I have memories of my dad making this for myself and my siblings when we were young. On an island abundant with avocados all year long, this is a welcomed reprieve from the heat of the day.

### ***INGREDIENTS***

#### Set 1

1 cup whole milk

1 ½ tablespoons granulated sugar

1 medium, firm and ripe Haas avocado

***Tools: freezer-safe containers with lids, two spoons***

### ***DIRECTIONS***

Pour milk into a two-cup container. Add sugar and stir to combine.

Spoon thin ribbons of avocado into the sweetened milk.

Freeze until semi-frozen, about two hours.

Eat semi-frozen, or at least very cold.

**Recipe courtesy Paula Quinene of [www.Paulaq.com](http://www.Paulaq.com).**