RECIPE

Avocado Cream

Ingredients

1 avocado
½ cup milk
¼ cup white granulated sugar
½ teaspoon vanilla extract
2/3 cup heavy cream

Halve and seed the avocado and put the flesh in a food processor. Add the milk, sugar, and vanilla. Puree until smooth. Set this aside in the refrigerator for 20 minutes. Whip the cream into soft peaks. Take the avocado mixture from the refrigerator and gently fold in the whipped cream. Cover with plastic wrap directly on the surface. Keep in the refrigerator until ready to serve.

Serve the Avocado Cream in a small parfait glass with a good chocolate cookie (e.g. Dancing Deer's Triple Chocolate Chip Cookie).