



Inspiring RECIPES

GEM® avocado gourmet milk ice cream

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The creamy GEM® avocados give this ice cream an indulgent richness, for an extra treat try folding in chocolate chips or finely crushed peanut brittle after churning.



METHOD

1. Put the sugar and vanilla in a small saucepan along with 3tbsp of water, heat gently until dissolved. Leave to cool completely.
2. Put the lemon and lime juice plus GEM® flesh in a blender (a nutribullet or similar works well) along with the evaporated milk, blend until very smooth. Add a little more milk if you need to. In a bowl, mix the above with the rest of the milk and the cream until well combined. Churn for 1 hour and freeze for another before serving.

INGREDIENTS

- 85g caster sugar
- 1 small vanilla pod, seeds scraped or 1 tsp vanilla bean paste
- 1 lemon, juiced
- 1 lime, juiced
- 2 GEM® avocados
- 225ml whole milk
- 1 x 170g can evaporated milk
- 250ml double cream