

AVOCADO PUDDING

Ingredients

2 very ripe avocados

Juice from 1/2 lemon

1/4 cup sugar

1/2 - 3/4 cup heavy cream (or yogurt)

Directions

1. In a glass bowl, mash avocados with lemon juice, slowly adding sugar. Blend in heavy cream; taste and adjust if necessary. Refrigerate for 2 to 6 hours and serve cold.

Serves 4

Notes:

This dessert is typically made in Brazilian homes, where avocados are considered a fruit.

Florida avocados (green with dark “splotches”) are closer to those found in Brazil than the larger lighter green California Haas variety

Source: *Best of the Best from New York Cookbook*