Brownies with Avocado Ice Cream and Berries



What You'll Need

Avocado Ice Cream

- 1 cup whole milk
- 1 cup whipping cream
- 2 avocados, peeled and pitted
- 2 tbsp lemon juice
- 1 cup honey or sugar
- 2 tsp vanilla

Brownies

- 4 oz unsweetened chocolate
- 1/2 cup butter
- 3/4 cup sugar
- 3/4 cup yellow sugar
- 2 eggs
- 1 tsp vanilla
- 2/3 cup all-purpose flour
- 1 tsp salt
- 2/3 cups pecans, chopped
- 2 cups fresh berries
- Avocado Ice Cream

Directions

ICE CREAM

1. Scald the milk and cream together.
2. Place the avocados, lemon juice, cream mixture, honey or sugar, and vanilla together in a food processor. Process until smooth. Transfer to a bowl and cover. Place in the refrigerator and let it chill completely (4 hours).
3. Transfer to an ice cream machine and churn by following the instructions for the machine. Once it has completely churned, transfer to an airtight container and put it in the freezer until ready to use.

BROWNIE

1. Melt the chocolate in a double boiler (a small bowl resting in a small pot with an inch of water).
2. Cream the butter and sugar together in a mixer.
3. Add the chocolate. Mix. Add the eggs and vanilla. Mix again.
4. Add the flour and salt and mix until smooth. Add the pecans and mix again.
5. Scrape mixture into an 8- x 8-inch pan that has been greased and lined with parchment paper.
6. Bake for 20 to 25 minutes or until firm.
7. Remove from the oven. Let cool for 5 minutes. Go around the edge of the pan with a flat knife. Turn out the brownies onto a wire rack to let cool. Cut into 12 pieces.
8. Place a warmed brownie on a plate. Top with a scoop of avocado ice cream and fresh berries. Serve.