



AVOCADO-LIME FROZEN YOGURT

I'm not a true ice cream fan but I do enjoy frozen desserts made with yogurt. This one with lime yogurt and avocado is incredibly creamy and one of my favorites. A 5½-ounce container of yogurt is the equivalent of $\frac{2}{3}$ cup.

ABOUT 10 SERVINGS

- 1¼ cups Lemon Balm and Avocado Cream (below)
- 1½ cups half-and-half, whole milk, or almond milk
- 2 (5½-ounce) containers 2% lime Greek yogurts
- 1 (5½-ounce) container 2% lemon Greek yogurt
- ¼ cup confectioners' sugar

1. Place all the ingredients in a 4-cup measuring cup and whisk until smooth. Taste, then add extra sugar if desired.
2. Place in the refrigerator and chill for 30 to 60 minutes.
3. Pour into an ice cream maker and follow the manufacturer's directions. This ice cream takes about 15 to 20 minutes to thicken. Freeze for at least 1 hour.

LEMON BALM AND AVOCADO CREAM

Lemon balm seeds grow so readily that when you plant one, you have a hundred plants within five years. I walk on them, my dog rolls in them, and my chickens won't eat them. So what can I do but accept and embrace them? I use the leaves in tea infusions, fruit salads, chicken roasts, salad dressings, and even cookies. Mixed with creamy avocado, it makes a refreshing and unusual dessert topping for cakes or fruits.

ABOUT 1¼ CUPS

- 2 ripe Hass avocados, pitted
- $\frac{1}{2}$ – $\frac{3}{4}$ cup confectioners' sugar
- 2 tablespoons lime or lemon juice
- $\frac{1}{4}$ cup lemon balm leaves

Place all the ingredients in the bowl of a food processor or blender and process until smooth, scraping down the sides of the bowl as necessary.

