

**Dessert**

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# Avocado Ice Pops

Rachael Ray

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**1 large ripe avocado**

**1/2 cup sweetened condensed milk**

**1/2 cup heavy cream, chilled**

**1 tablespoon lime juice**

**pinch salt**

**4 ice cubes**

In a blender, combine the avocado, condensed milk, cream, lime juice, salt and ice. Process until smooth.

Pour into the ice-pop molds.

Freeze until firm (about four hours).

Yield: 8 pops

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Per Serving (excluding unknown items): 905 Calories; 57g Fat (55.7% calories from fat); 15g Protein; 88g Carbohydrate; trace Dietary Fiber; 215mg Cholesterol; 242mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat; 5 1/2 Other Carbohydrates.