Avocado Butter

Sunset Magazine



Servings: 12

It helps if you have an avocado tree, but even if you don't, this makes a wonderful appetizer, that's very different. It freezes well, believe it or not, and doesn't take all that long to defrost. Spread it into small ramekins, cover with plastic wrap (touching the butter mixture) and pop in the freezer.

1 medium avocado

8 ounces butter

1/2 envelope gelatin

2 tablespoons boiling water

2 tablespoons lemon juice, fresh

garlic salt, to taste

2 tablespoons half and half

Serving Ideas: Best served with simple crackers - even saltines are good. The flavor is delicate, so don't overwhelm the butter with a very flavorful crackers.

Picnic

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

1. Peel and mash the avocado, add softened butter and beat until thoroughly blended. Soften gelatin in cream and stir in boiling water until gelatin is dissolved. Add to avocado with lemon juice and garlic salt. Turn into small loaf pan or dish; spread smoothly. Cover and chill thoroughly. May also be frozen for a few months with no loss of flavor (seal it well, however).
2. Leave butter out at room temperature for about 30 minutes before serving. Serve with plain crackers.

Per Serving (excluding unknown items): 170 Calories; 18g Fat (93.2% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 161mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.