



## Recipes

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### Avocado Mousse

Serves 1

#### Ingredients:

- 2 each Haas Avocados
- 1 Tbsp. Fresh Green Jalapeño chopped
- 1/2 tsp. Fresh Garlic , minced
- 1/2 tsp. Kosher Salt
- 1 Tbsp. Red Onion , minced
- 2 Tbsp. Sour Cream
- 1/2 Tbsp. Fresh Lime Juice
- 2 Tbsp. Fresh Cilantro
- 1/4 cup Heavy Cream

#### Directions:

1. Cut avocados in half lengthwise. Remove pit and scoop avocado out with a spoon and place in food processor.
2. Add jalapeno, garlic, salt, red onion, sour cream, lime juice and cilantro. Blend until smooth. Remove from food processor and place in medium size mixing bowl.
3. Add in heavy cream and beat on high speed until medium-stiff peaks form.
4. Gently fold into avocado.
5. Place in piping bag with small tip and hold refrigerated at least 4 hours before ready for use.