

# Fall 2023 Recipes

**F**or this edition of *From the Grove* the California Avocado Commission is highlighting two recipes. The first recipe, *Spider Avocado Deviled Eggs*, is a fun idea for Halloween and was developed by Southern California recipe blogger and photographer Jen Nikolaus at Yummy Healthy Easy. This appetizer and snack idea is an example of the type of recipes the Commission features in email and social media communications in the fall and winter months when California avocados are not in peak season. Maintaining a regular cadence with California avocado fans year-round helps maintain brand loyalty.

The second recipe, *California Avocado Ice Cream on the Half Shell*, was developed and promoted this season by trusted influencers and California Avocado Brand Advocates Ewa and

Jeromy Huang of NomLife. This no churn, dairy-free ice cream recipe reached over 334,000 of their followers and garnered more than 600,000 engagements on *Instagram Reels*.

The Commission encourages growers to visit [CaliforniaAvocado.com/recipes/](https://CaliforniaAvocado.com/recipes/) where more than 1,000 recipes are posted. You can explore recipes created by other growers, Brand Advocates, chefs and fans, as well as search by category for types of dishes or dietary preferences. 🥑

*\*\*Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly. As with all fruits and vegetables, wash avocados before cutting.*

## Spider Avocado Deviled Eggs Recipe

**Serves:** 6

**Time:** 20 minutes

### Ingredients:

6 hard-boiled eggs, cooled  
½ ripe, Fresh California Avocado, seeded, peeled and diced  
½ tsp. salt,  
¼ tsp. dry mustard  
½ tsp. pepper  
9 black olives, or more as needed

### Instructions:

1. Peel eggshells and slice each peeled egg in half lengthwise.
2. Put the egg yolk halves in the bowl of a food processor. Mix in avocado, salt, mustard, pepper and mayonnaise. Puree until creamy.
3. Fill the egg centers with the creamy avocado/egg yolk mixture.
4. Slice three olives in half lengthwise. Place on the top of the avocado mixture for the spider body.
5. Slice the remaining olives in half lengthwise, then slice into small slivers for the spider legs. Push into the side of the spider body.
6. Serve and enjoy!



*This cute and spooky treat features avocados, hard boiled eggs and olives.*

## California Avocado Ice Cream on the Half Shell

**Serves:** 4

**Time:** Prep time 20 minutes; freeze time 4 hours

This creamy vegetarian California avocado ice cream is made with coconut milk and honey. For a unique and elevated presentation, the ice cream is served in the avocado shell and topped with a chocolate mousse ball to represent the “seed.” It’s an impressive, restaurant-worthy dessert, perfect for date nights and dinner parties or simply a fun treat to make at home.

### Ingredients:

#### Ice Cream Ingredients

2 ripe, Fresh California Avocados, halved and seeded  
200 ml (about ½ (13.5-fl. oz.) can) coconut milk  
2 Tbsp. honey (or use maple syrup for a vegan ice cream)

#### Mousse Seed Ingredients

¼ cup semi-sweet chocolate baking chips  
¾ cup vegan heavy whipping cream

### Instructions:

#### Ice Cream

1. Remove avocado from peel taking care to not break the peel to utilize as the serving bowls.
2. Add the avocados, coconut milk and honey into a blender or food processor and blend until smooth.
3. Spoon the creamy mixture back into the avocado peels and smooth the surface. Freeze for 3 hours or overnight.

#### Mousse Seed

1. To make the chocolate mousse seed, add chocolate and vegan heavy whipping cream into a bowl, microwave for 1 minute and whisk together. Store this in the fridge to chill until solid.
2. After the avocado ice cream has chilled, use a small ice cream scoop to remove a scoop of the ice cream in the center to create room for the chocolate “seed.”
3. Clean the scoop then use it to scoop balls from the chocolate mousse.  
Place the scoops in the hollows made in the ice cream to look like avocado seeds.
4. Serve immediately.

