

Vanilla Avocado Frosting

1/2 cup water

1 avocado

1/4 cup potato starch

1/4 cup + 2 tbs. neutral oil

2 tsp. vanilla extract + a large pinch sea salt

~1 cup powdered sugar

Preparation time: 5 minutes

Yields about 2 cups frosting

1. Blend water and avocado until smooth. Pour into metal bowl, whisk in potato starch, and keep whisking over a pot of simmering water (bain mairie) until it starts thickens.
2. Whisk in oil one tbs. at a time to emulsify. Remove from heat. Whisk in vanilla and salt. Bit by bit, whisk in powdered sugar to desired sweetness and consistency.