Preparation\n

Select avocados that yield to gentle pressure with rinds free from dark blemishes. Peel fruit, cut in half and remove pit.\n

\n

Avocados are best frozen as purée – unsweetened for salads and sandwiches, sweetened for other uses. Avocados are not satisfactorily frozen whole or sliced. For a better-quality product, add 1/4 teaspoon (750 mg) ascorbic acid to each quart of purée or add 1 tablespoon lemon juice for each 2 avocados.\n

\n

Pack into container, leaving headspace. Seal and freeze.\n