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# Avocado Mousse

*Leigh Tyler Deas*

*Party Recipes from the Charleston Junior League - 1993*

Servings: 8

**1 envelope unflavored gelatin**  
**3 tablespoons fresh lemon juice**  
**1 heaping cup puree'd avocado**  
**1/2 cup sour cream**  
**1/2 cup mayonnaise**  
**1/4 teaspoon salt**  
**1/8 teaspoon pepper**  
**dash cayenne**  
**1/4 teaspoon onion salt**  
**1/4 teaspoon dried dill weed**  
**1 cup cooked small shrimp (optional)**

Lightly oil a 1-1/2-quart ring mold.

In a large bowl, soften the gelatin in 1/4 cup of cold water. Add one cup of boiling water and the lemon juice to the gelatin mixture. Chill until slightly thickened.

In a medium-size bowl, combine the avocado puree', sour cream, mayonnaise and seasonings. Mix well. Add the avocado mixture to the gelatin mixture. Mix well. Fold in the shrimp.

Pour into the prepared mold. Chill until set, about three hours.

Unmold on a bed of lettuce. Fill the center of the ring with additional shrimp if you wish.

## **Appetizers**

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*Per Serving (excluding unknown items): 171 Calories; 15g Fat (73.0% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 230mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.*