

# Matcha and Avocados Ice Cream



With the Matcha and Avocados Ice Cream, you have a gift for Mum.

**Home Cooking can be Healthy and Delicious and simple.**

Avocados and Matcha are just here from "The Avocado Affair".

A mother is a woman, young forever, in the dream of any child. She needs a longevity gift.

Cancer is the bad word that took so many mothers away. How many children have wanted to be a doctor to save their mother life?

Before to save lives, we must prevent deadly diseases. Here you may find how can help.

Chinese, and apparently Japanese, Korean women have a low incidence of breast cancer, when Belgian and French women have the highest incidence.

When these women move to the West and consume a western diet, then their rates of breast cancer rise sharply.

A correlation has been made between high consumption of soy, very little dairy, and risk of breast cancers.

Recently interest of latina women, US citizen or not, consuming south American, avocados rich food, were added to the list of nutrition ties with low risk to have a breast cancer. More studies showing that the main factor is to eat the "good" fats, whatever is the quantity, mono or polyunsaturated fats, Avocado is the fruit with the highest oleic acid content. PUFA/S is the key (1).

Saturated fats found in animal products, trans fats in processed food are the main

causes recognized today for a significant increase in cancer risk, especially for breast and prostate cancers.

If Breast Cancer is called the Rich Food disease in China, in reference to women eating meat, dairy, and sugar, my personal observation in Japan was the opposite, old studies reported a low rate of breast cancers in the rich Japanese female population. I asked more about the differences in lifestyle, apparently drinking frequently high quality of matcha tea is correlated with the low rate of Breast cancer.

**Here is my preferred treatment to prevent Breast Cancer:**

**Avocado Matcha Ice Cream.**

**Don't confuse Matcha with green tea.**

A cup of matcha is made by dissolving finely ground tea leaves in warm water. You are eating the tea leaves, taking in more catechins (antioxidant compounds responsible for benefits like preventing cancer) than you would by steeping tea leaves in boiling water.

1 cup of matcha equals 10 cups steeped green tea, for nutrients content.

**Ingredients:**

2 ripens medium avocado

1 lime juice

2 springs of mint or basil (optional)

2 teaspoon of honey or maple syrup (optional)

1 cup of spring water

¼ cup of sugar

1 teaspoon of Agar Agar

2 teaspoons Matcha tea

1 cup of spring water

**Directions:**

In a pan mix sugar with water, heat to get a boil add agar agar, let it boil for 3 minutes, shut off the heat, add the mint cover let it infuse and cool few minutes then add the lime juice.

During this time, prepare the Matcha tea, boil the water, pour it on the Matcha powder and make the mousse with the bamboo whisk.

In a blender set cubed avocado flesh add the syrup then the matcha tea.

Blend all and get it in the icemaker device or in the freezer in an airtight glass container.

Enjoy fusion cooking, the first benefit: it is delicious.

You will find more in the book.

Ref: " The Avocado Affair"

(1)Jordan, I., Hebestreit, A., Swai, B., & Krawinkel, M. B. (2013, April). Dietary patterns and breast cancer risk among women in northern Tanzania: a case-control study. *European Journal of Nutrition*, 52(3), 905-915.