

# How To Freeze Avocados.

## Hass Avocado website

Did you know avocados can be frozen?

Though Fresh Hass Avocados are preferred for their taste and versatility, with the proper preparation, pureed avocados can be frozen and used in guacamole dips, dressings and spread on sandwiches. Whole, cut, diced or mashed avocados do not have as desirable of a result when frozen. Guacamole can often contain other ingredients that do not freeze well so we do not recommend freezing guacamole.

Follow the instructions below to get the best possible result when freezing pureed Hass Avocados.

1. Wash – Wash the outside of the avocados thoroughly by holding them under running water or in your selected produce wash.
2. Cut – Cut and peel the avocados.
3. Puree – Place the peeled avocados in a food processor or blender. Add a ratio of one tablespoon of an acidic agent like lemon or lime juice for each avocado you are freezing. Puree until smooth. This will ensure that the lemon or lime juice is evenly distributed to help to prevent the avocados from turning brown. Mashing the avocado rather than pureeing yields a less desirable result because the acidic agent is unevenly mixed in.
4. Package – Place the pureed avocado into an air-tight container. Leave 1/2 to 1 inch of headspace in the container to allow for expansion. Close your container tightly and label accordingly. Freeze.

Frozen avocado puree must be used within four to five months of freezing.

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