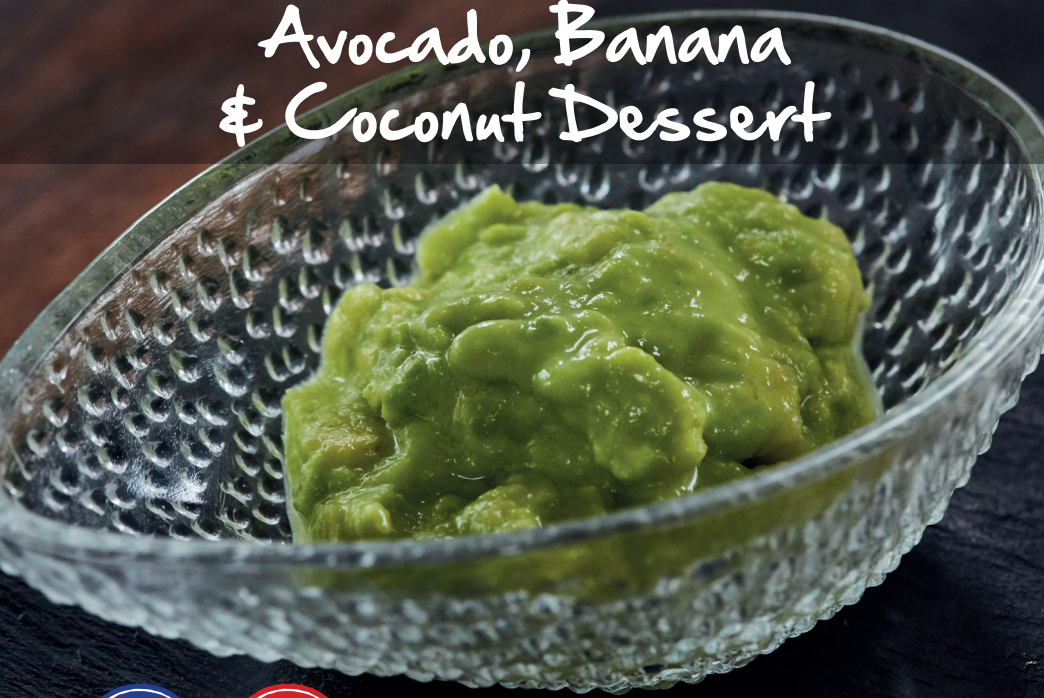


Avocado, Banana & Coconut Dessert



Ratio 2:1

- Preparation time: 5 - 10 minutes
- No cooking required
- Recipe makes: 1 portion

This recipe can be adapted to the following:



Recipe provides **approximately:**

| Nutritional content | Quantity | Your recipe |
|---------------------|----------|-------------|
| Fat | 11.5g | |
| Protein | 1.2g | |
| Carbohydrate | 4.5g | |
| Energy (calories) | 127kcal | |

Avocado, Banana & Coconut Dessert

| Ingredients | Quantity | Your recipe |
|-----------------|----------|-------------|
| Avocado flesh | 40g | |
| Banana, chopped | 15g | |
| Coconut milk | 22g | |



Method

1. Add avocado, well mixed coconut milk and banana into a bowl.
2. Mash with a fork.

For alternative textures...

Sometimes you may need a smoother consistency for our Soft Options. Below you'll find guidance on how to achieve alternative consistencies for this particular recipe.

Always check with your dietitian about what is best suited to your requirements.



1. Repeat step 1.
2. Add 10ml of water and blend until a smooth thick puree is achieved.



1. Repeat step 1.
2. Add 45ml of water and blend until a smooth thin puree is achieved.



• *Serve as a dessert or part of a meal to ensure energy and nutritional requirements are met.*



Refer to labels for allergen and other product information.



